PRECOR®



Owner’s Manual

Vitality™ Series Selectorized Line

Important Safety Guidelines for Owners

Follow these guidelines to maintain proper working condition of the equipment:

Important: *Do not modify the equipment or any of its parts, or permanently remove any part from the equipment. Do not use accessory attachments that are not recommended by Precor, as such attachments might cause injuries.*

- Qualified technicians must perform all regular maintenance.
- Check that all fasteners are securely tightened. Cables should be secured at both end connections and properly threaded. Weight stacks should be secure and functioning properly. Handle attachments should be properly connected.
- Make sure that trainers, facility personnel, and maintenance technicians understand how to use the equipment, know important safety guidelines, and can recognize potential problems such as a worn cable, loose hardware, or cracked weld.
- Strength training requires a significant focus by the facility and its staff to maintain the quality of the fitness environment. If possible, the facility should provide direct supervision of the fitness equipment at all times by people knowledgeable about the safe operation of the equipment and trained to recognize potential problems.
- If any staff member witnesses unsafe use of the equipment, he or she should address the user directly, demonstrate the proper technique, and review the *Important Safety Information for Users*. *Precor recommends posting a copy of the Important Safety Information for Users near the equipment in a prominent location.*
- Make sure the equipment is stable and placed on a solid surface. The equipment is designed to be freestanding; however, it can be bolted to the floor for extra stability. Precor highly recommends that the equipment be bolted to the floor to reduce the risk of toppling the equipment due to improper use. Since floor construction varies, please consult a professional building engineer for proper fastening.
- Locate the equipment at least 40 inches (1 meter) away from walls or furniture on either side of the equipment, and 40 inches (1 meter) away from objects behind the equipment. For Functional Training equipment, make sure that the operating space is large enough to allow the cables to be fully extended in all possible directions.
- Check the equipment thoroughly based on the recommended inspection schedules outlined in this manual, including daily, weekly, monthly and annual checks. Ensure all bolt connections are tight and that the threaded cables are properly and tightly secured at both ends.
- Place an “out-of-order” sign on the equipment during maintenance of the equipment or the surrounding area. Users should never be allowed to operate the equipment until it has been inspected and works properly. If a piece of equipment needs service, keep it out of use until it is repaired.
- When working with the weight stacks, do not attempt to free any jammed assemblies without assistance as this may cause injury. With the help of another person, carefully return the weight stack to the proper position with the top plate resting on the first weight.
- Do not allow the equipment to be used if the top plate or weight stack is pinned in a raised position. With the help of another person, carefully return the equipment to the proper position with the top plate resting on the first weight. Inspect the cable to make sure that it is seated in all of the pulleys.
- Do not place the equipment outdoors or on wet surfaces.

Safety Approval

Precor commercial strength equipment is designed and tested according to EN 957-1/2 standards.

Obtaining Service

You should not attempt to service the strength equipment, except for the maintenance tasks described in this manual. If any items are missing, contact your dealer. If you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor website at www.precor.com.

If you have any questions regarding a piece of equipment, locate its serial number and contact Precor Customer Support. Precor uses the serial number to establish the model and year of the product. You can generally find the serial number on one of the weight tower uprights.

For future reference, write the serial numbers, model numbers, and dates of purchase for your Precor strength training equipment in the space provided. You may want to list all equipment information below for easy reference.

Model #: _____ Serial #:_____

Date purchased: _____

Model #: _____ Serial #: _____

Date purchased: _____

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Date purchased: _____

Model #: _____ Serial #: _____

Date purchased: _____

Model #: _____ Serial #: _____

Date purchased: _____

Model #: _____ Serial #: _____

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Model #: _____ Serial #: _____

Date purchased: _____

Model #: _____ Serial #: _____

Date purchased: _____

Model #: _____ Serial #: _____

Date purchased: _____

Model #: _____ Serial #: _____

Date purchased: _____

Model #: _____ Serial #: _____

Date purchased: _____

Important Safety Information for Users

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

French equivalent of the preceding paragraph, for the Canadian market: *Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercise. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

When using exercise equipment, you should always take basic precautions, including the following:

- If you do not understand how to operate a piece of equipment, ask someone from the facility such as a trainer to demonstrate how to use it and explain any safety instructions.
- Do not allow children on or near the equipment. Do not leave children unsupervised around the equipment.
- Use the equipment only for its intended purpose. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Wear proper exercise clothing and shoes for your workout—no loose clothing.
- **Do not overexert yourself or work to exhaustion.** Use reasonable judgment when working with weights. Avoid using excessive weight, which may cause injury.
- If you feel pain, faintness, dizziness, or abnormal symptoms, stop exercising immediately and consult your physician.
- Keep head, limbs, fingers, and hair clear of all moving parts while the equipment is in use. Keep hands clear of racking pegs.
- Never drop or insert objects into any opening in the equipment.
- Check that all fasteners are securely tightened. Cables should be secured at both end connections and properly threaded. Weight stacks should be secure and functioning properly. Handle attachments should be properly connected. Pay particular attention to the condition of cables and cable ends. If you notice a loose cable end or any fraying of the cable or cable jacket, do not use the product and contact someone in the facility immediately.
- Always check the equipment before using it. If you spot a potential problem, contact someone in the facility immediately. Do not use the equipment until the facility has verified that the equipment is working properly. Do not attempt to fix broken or jammed equipment.
- Do not use the equipment outdoors or on wet surfaces.
- Do not drop or slam the weight stack while exercising.
- Be sure the selector pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, contact someone in the facility.
- Never pin the weights in an elevated position. Do not use the equipment if the top plate or weight stack is pinned in a raised position. Notify the facility's personnel to repair the equipment and ensure that it is working properly.
- Do not use the equipment if an "out of order" sign has been placed on it.
- Read all posted instructions, including all safety instructions and warnings.

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Product Specifications and Use

Leg Extension / Leg Curl

Specifications

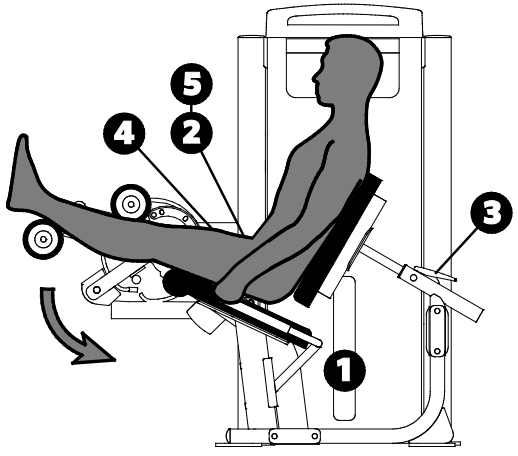
Equipment Dimensions	64" L x 43" W x 57" H (163 cm L x 109 cm W x 145 cm H)
Working Area	71" L x 43" W (180 cm L x 109 cm W)
Weight Stack	240 lb (110 kg)
Equipment Weight	530 lb (240 kg)

Setup

1. Select an appropriate weight.
2. Set the movement arm to position 1 and place your legs against the pads as shown for the exercise.
3. Align your knees with the pivot by adjusting the back pad.
4. Adjust the ankle pad as shown for the exercise.
5. Set the movement arm to your desired start position.

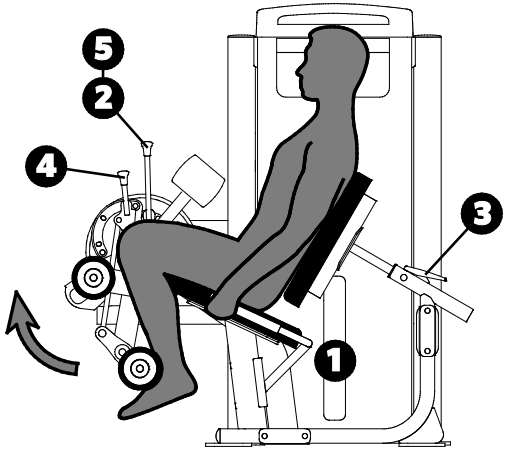
Exercise (Leg Curl)

- Grasp both handles.
- Curl your legs in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.



Exercise (Leg Extension)

- Grasp both handles.
- Extend your legs in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.



Training Tips

- Lengthen your pause time at full contraction or extension.

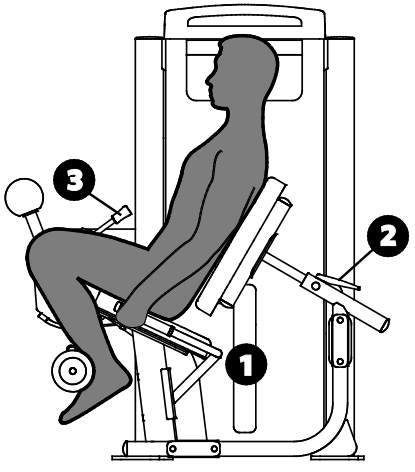
Leg Extension

Specifications

Equipment Dimensions	52" L x 43" W x 57" H (132 cm L x 109 cm W x 145 cm H)
Working Area	69" L x 43" W (176 cm L x 109 cm W)
Weight Stack	Standard unit: 200 lb (91 kg) IFI-accredited unit: 175 lb (80 kg)
Equipment Weight	462 lb (210 kg)

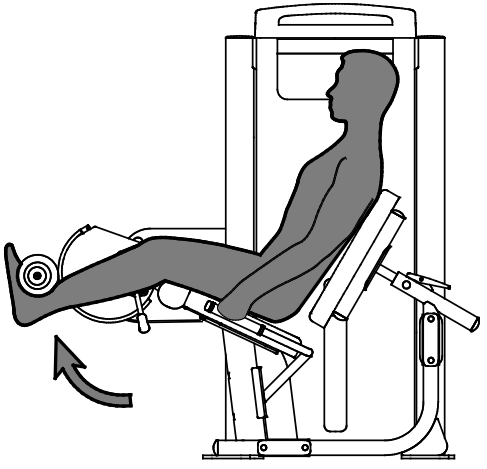
Setup

1. Select an appropriate weight.
2. Align your knees with the pivot by adjusting the back pad.
3. Set the movement arm to your desired start position.



Exercise

- Grasp both handles.
- Extend your legs in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.



Training Tips

- Lengthen your pause time at full extension.

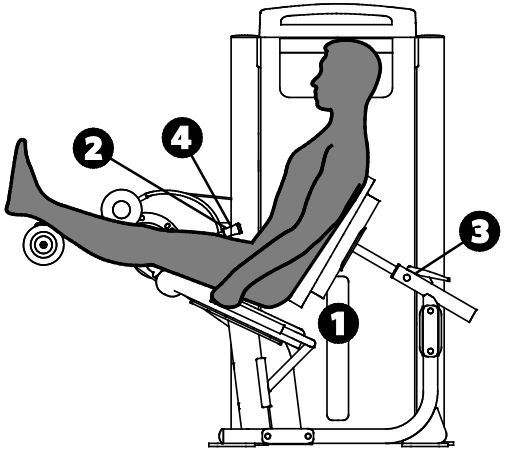
Seated Leg Curl

Specifications

Equipment Dimensions	62" L x 43" W x 57" H (157 cm L x 109 cm W x 145 cm H)
Working Area	67" L x 43" W (171 cm L x 109 cm W)
Weight Stack	Standard unit: 170 lb (78 kg) IFI-accredited unit: 145 lb (66 kg)
Equipment Weight	450 lb (205 kg)

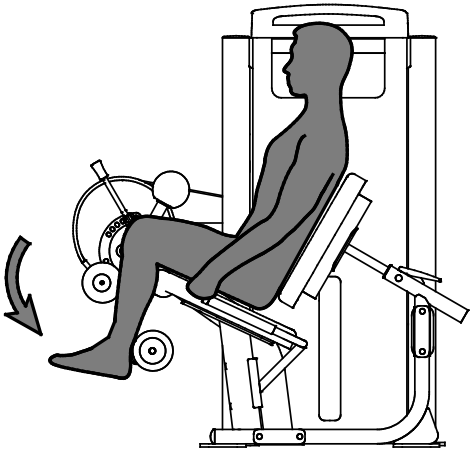
Setup

1. Select an appropriate weight.
2. Set the movement arm to the "Ø" setup position, and place your legs against the pads.
3. Align your knees with the pivot by adjusting the back pad.
4. Set the movement arm to your desired start position.



Exercise

- Grasp both handles.
- Curl your legs in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.
- To exit the equipment at the end of your exercise, set the movement arm to the "Ø" Setup position.



Training Tips

- Lengthen your pause time at full contraction.

Leg Press / Calf Extension

Specifications

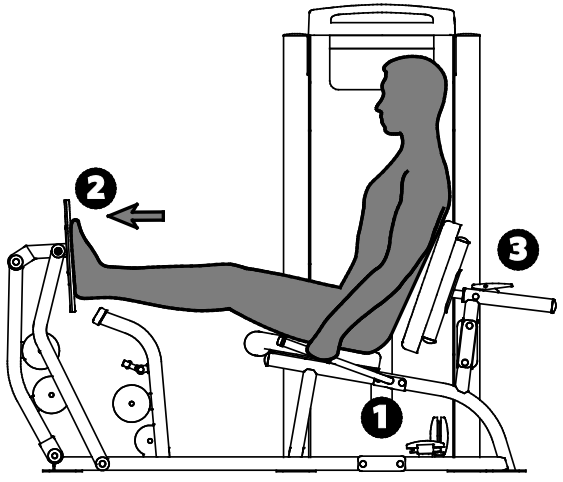
Equipment Dimensions	76" L x 43" W x 69" H (193 cm L x 109 cm W x 175 cm H)
Working Area	82" L x 43" W (209 cm L x 109 cm W)
Weight Stack	295 lb (135 kg)
Equipment Weight	550 lb (250 kg)

Setup

1. Select an appropriate weight.
2. Sit and place your feet on the footplate approximately shoulder-width apart (leg press) or with the balls of the feet at the bottom of the footplate (calf raise).
3. Adjust the back pad so that your knee angle is at a 90° start position.

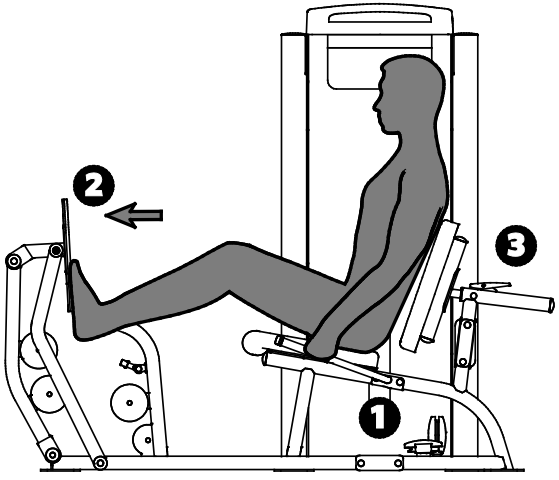
Exercise (Leg Press)

- Extend your legs in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.



Exercise (Calf Extension)

- Push with your feet in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.



Training Tips

- Avoid locking your knees.
- For a full range of calf extension motion, start with your ankles flexed and push to full extension.

Inner / Outer Thigh

Specifications

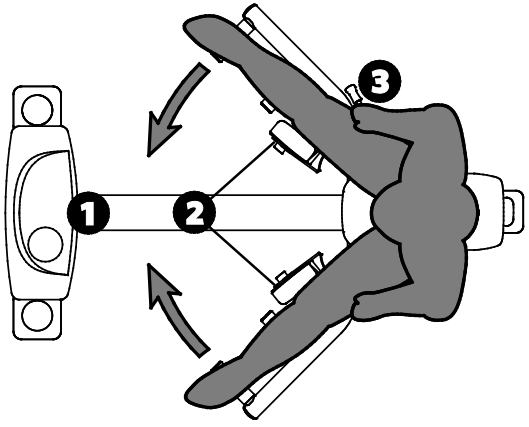
Equipment Dimensions	64" L x 31" W x 57" H (163 cm L x 79 cm W x 145 cm H)
Working Area	64" L x 69" W (163 cm L x 176 cm W)
Weight Stack	170 lb (78 kg)
Equipment Weight	440 lb (200 kg)

Setup

1. Select an appropriate weight.
2. Rotate pads to face outward (inner thigh) or to face each other (outer thigh).
3. Set the movement arms to your desired start position.

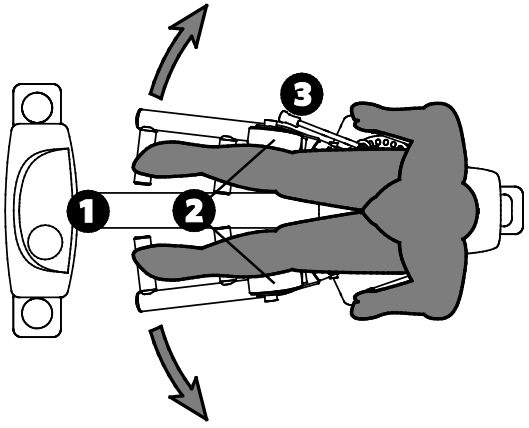
Exercise (Inner Thigh)

- Grasp both handles.
- Squeeze thighs inward in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to start position.



Exercise (Outer Thigh)

- Grasp both handles.
- Push thighs outward in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to start position.



Training Tips

- Exercise through a full range of motion.

Biceps Curl / Triceps Extension

Specifications

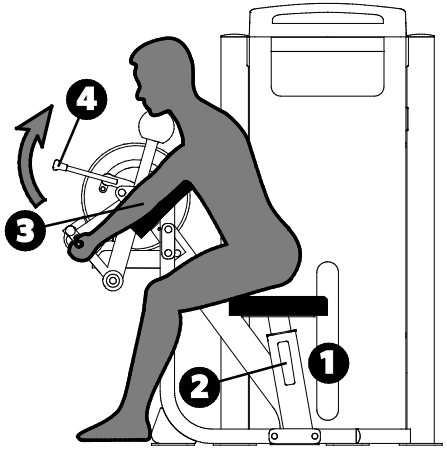
Equipment Dimensions	51" L x 43" W x 57" H (130 cm L x 110 cm W x 145 cm H)
Working Area	63" L x 43" W (160 cm L x 110 cm W)
Weight Stack	170 lb (78 kg)
Equipment Weight	395 lb (180 kg)

Setup

1. Select an appropriate weight.
2. Adjust the seat height so your upper arms rest flat on the pad.
3. Align your elbows with the pivot.
4. Set the movement arm to the desired start position.

Exercise (Biceps Curl)

- Grasp both handles.
- Curl your arms in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.



Exercise (Triceps Extension)

- Grasp both handles.
- Extend your arms in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.



Training Tips

- Keep your upper arms flat on the pad.
- Lengthen your pause time at full contraction or extension.

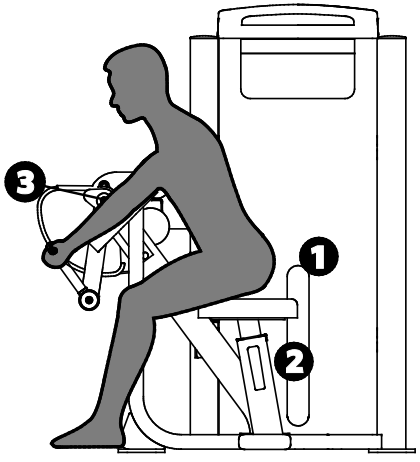
Biceps Curl

Specifications

Equipment Dimensions	47" L x 40" W x 57" H (119 cm L x 102 cm W x 145 cm H)
Working Area	54" L x 40" W (137 cm L x 102 cm W)
Weight Stack	170 lb (78 kg)
Equipment Weight	395 lb (180 kg)

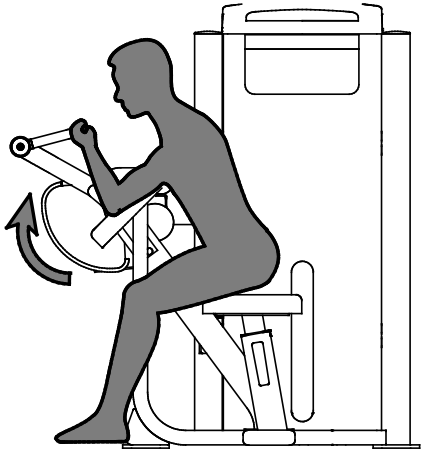
Setup

1. Select an appropriate weight.
2. Adjust the seat height so your upper arms rest flat on the pad.
3. Align your elbows with the pivot.



Exercise

- Grasp both handles.
- Curl your arms in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.



Training Tips

- Keep your upper arms flat on the pad.
- Exercise through a full range of motion.

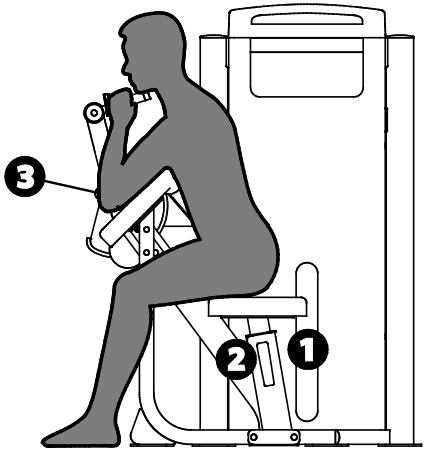
Triceps Extension

Specifications

Equipment Dimensions	46" L x 40" W x 57" H (117 cm L x 102 cm W x 145 cm H)
Working Area	70" L x 40" W (178 cm L x 102 cm W)
Weight Stack	170 lb (78 kg)
Equipment Weight	395 lb (180 kg)

Setup

1. Select an appropriate weight.
2. Adjust the seat height so your upper arms rest flat on the pad.
3. Align your elbows with the pivot.



Exercise

- Grasp both handles.
- Extend your arms in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.



Training Tips

- Keep your upper arms flat on the pad.
- Exercise through a full range of motion.

Multi-Press

Specifications

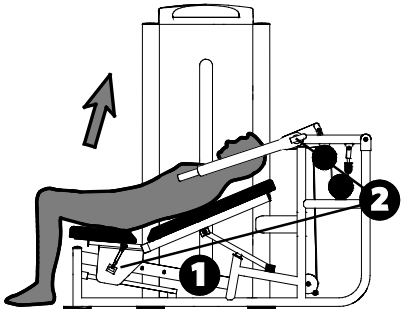
Equipment Dimensions	72" L x 60" W x 69" H (183 cm L x 152 cm W x 175 cm H)
Working Area	96" L x 60" W (244 cm L x 152 cm W)
Weight Stack	240 lb (110 kg)
Equipment Weight	450 lb (205 kg)

Setup

1. Select an appropriate weight.
2. Adjust the seat and movement arm to your desired start position.

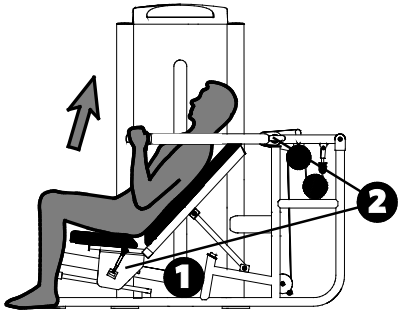
Exercise (Chest Press)

- Grasp both handles.
- Extend your arms in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.



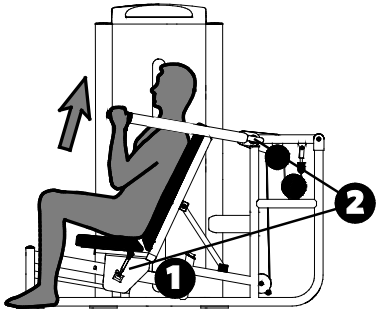
Exercise (Incline Press)

- Grasp both handles.
- Extend your arms in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.



Exercise (Shoulder Press)

- Grasp both handles.
- Extend your arms in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.



Training Tips

- Exercise through a full range of motion.

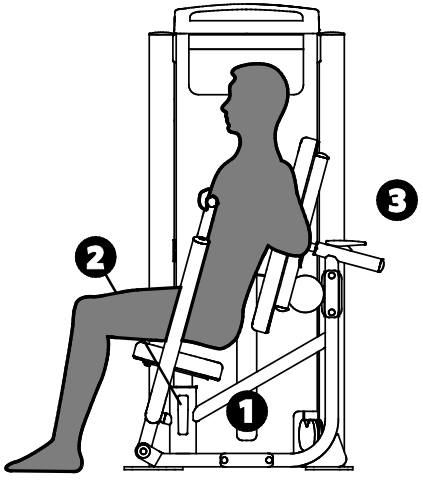
Chest Press

Specifications

Equipment Dimensions	39" L x 51" W x 69" H (99 cm L x 130 cm W x 175 cm H)
Working Area	65" L x 51" W (166 cm L x 130 cm W)
Weight Stack	240 lb (110 kg)
Equipment Weight	450 lb (205 kg)

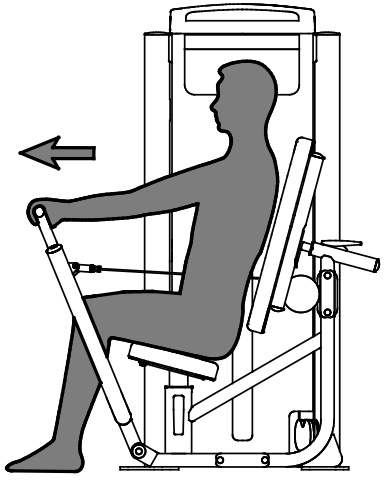
Setup

1. Select an appropriate weight.
2. Adjust the seat so the handles are aligned with your mid-chest.
3. Adjust the back pad to your desired start position.



Exercise

- Grasp both handles.
- Extend your arms in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.



Training Tips

- Avoid locking your elbows.
- To vary your routine, use the vertical handles.

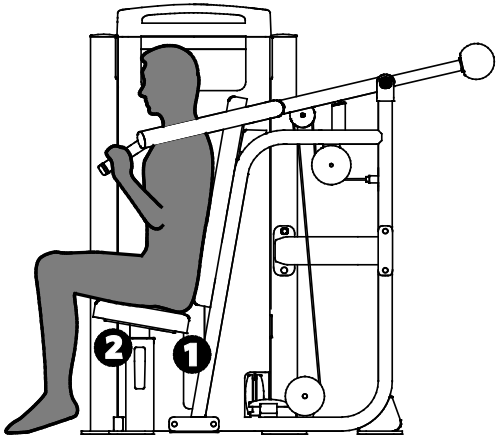
Shoulder Press

Specifications

Equipment Dimensions	59" L x 56" W x 57" H (150 cm L x 142 cm W x 145 cm H)
Working Area	62" L x 56" W (158 cm L x 142 cm W)
Weight Stack	200 lb (91 kg)
Equipment Weight	430 lb (195 kg)

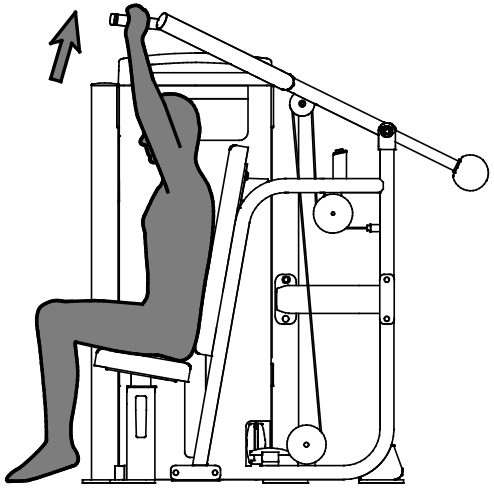
Setup

1. Select an appropriate weight.
2. Adjust the seat height so the handles are slightly above your shoulders.



Exercise

- Grasp both handles.
- Extend your arms in a slow, controlled motion while keeping your back firmly against the pad.
- Pause at full extension.
- Slowly return to the start position.



Training Tips

- Avoid locking your elbows.

Pulldown / Row

Specifications

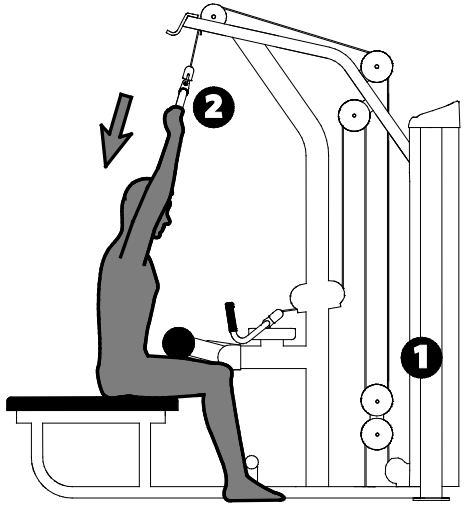
Equipment Dimensions	76" L x 48" W x 87" H (193 cm L x 122 cm W x 221 cm H)
Working Area	76" L x 59" W (193 cm L x 150 cm W)
Weight Stack	220 lb (100 kg)
Equipment Weight	490 lb (222 kg)

Setup

1. Select an appropriate weight.
2. For **Pulldown**, adjust the thigh pads to hold your legs securely in place. Then stand, grasp the pulldown bar with both hands, and return to the seated position.
3. For **Row**, sit back on the seat and place your feet on the foot pedals. Then grasp the row handle with both hands and start with back in straight up position.

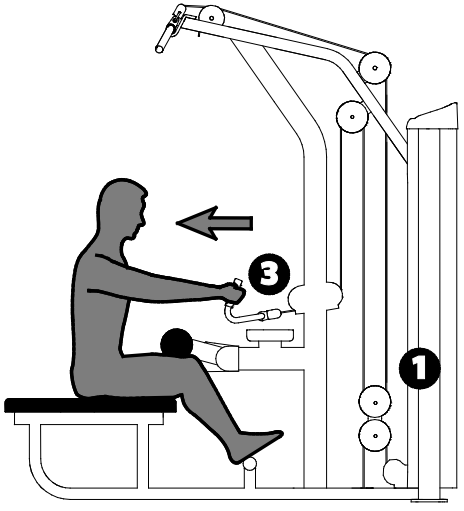
Exercise (Pulldown)

- Begin with your arms extended, elbows slightly bent.
- Pull the pulldown bar to chin level in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.



Exercise (Row)

- Begin with your arms extended, elbows slightly bent.
- Pull the row handle toward you in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.



Training Tips

- Avoid leaning back during exercise.

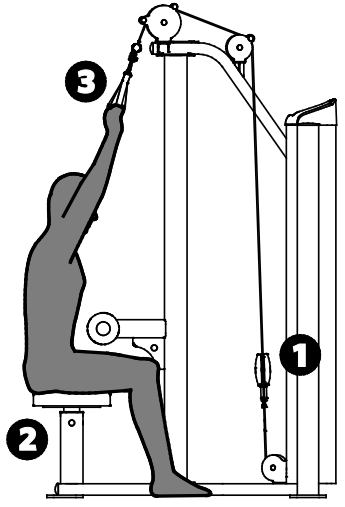
Pulldown

Specifications

Equipment Dimensions	40" L x 55" W x 85" H (102 cm L x 140 cm W x 216 cm H)
Working Area	76" L x 127" W (193 cm L x 323 cm W)
Weight Stack	220 lb (100 kg)
Equipment Weight	475 lb (215 kg)

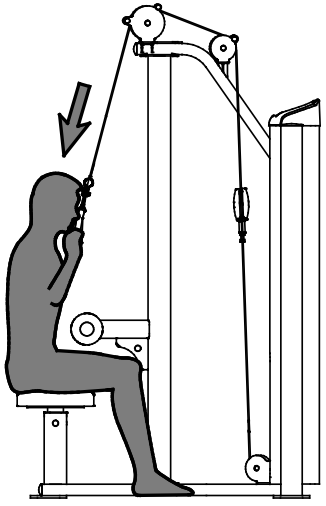
Setup

1. Select an appropriate weight.
2. Adjust the seat so the thigh pads hold your legs securely in place.
3. Stand, grasp the handles with both hands, and return to the seated position.



Exercise

- Begin with your arms extended, elbows slightly bent.
- Pull the handles to chin level in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.



Training Tips

- Avoid pulling the handles behind your neck.
- Maintain good posture.

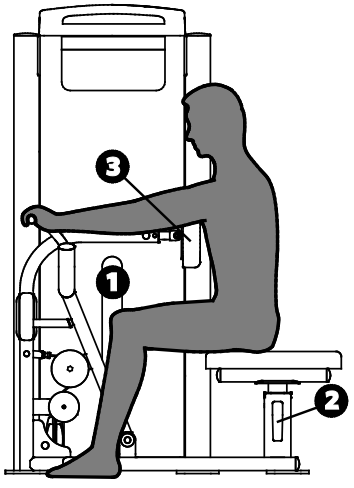
Seated Row

Specifications

Equipment Dimensions	50" L x 47" W x 69" H (127 cm L x 119 cm W x 175 cm H)
Working Area	50" L x 47" W (127 cm L x 119 cm W)
Weight Stack	240 lb (110 kg)
Equipment Weight	460 lb (210 kg)

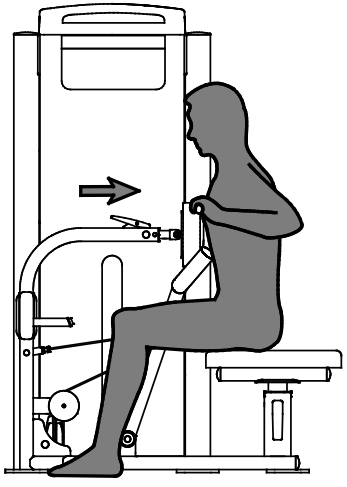
Setup

1. Select an appropriate weight.
2. Adjust the seat so the chest pad is slightly below shoulder level.
3. Adjust the chest pad so your arms are fully extended.



Exercise

- Grasp both handles.
- Pull the handles toward you in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.



Training Tips

- Avoid leaning back during the exercise.

Rear Delt / Pec Fly

Specifications

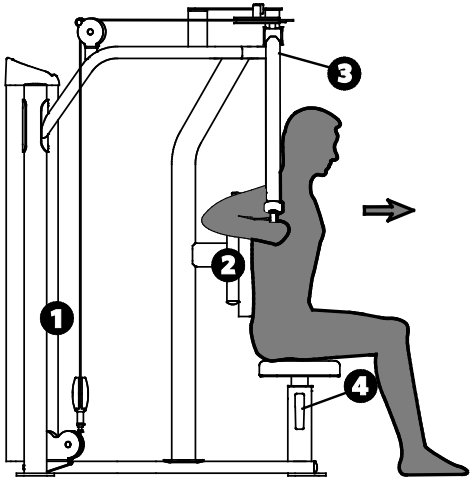
Equipment Dimensions	40" L x 54" W x 78" H (102 cm L x 137 cm W x 198 cm H)
Working Area	40" L x 66" W (102 cm L x 168 cm W)
Weight Stack	240 lb (110 kg)
Equipment Weight	470 lb (214 kg)

Setup

1. Select an appropriate weight.
2. Face in (chest) or out (back) against the pad.
3. Rotate the handles to your desired start position.
4. Adjust the seat so the handles are at shoulder height.

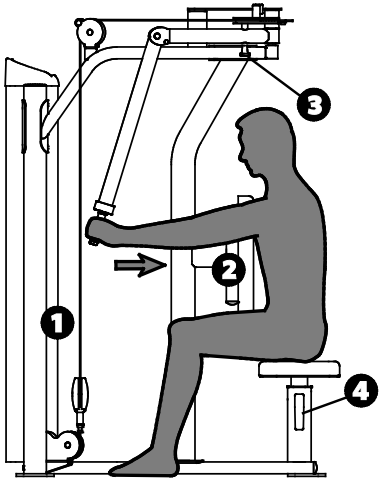
Exercise (Pec Fly)

- Grasp the vertical handles.
- Pull the handles around in front of you in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.



Exercise (Rear Delt)

- Grasp the horizontal handles.
- Pull the handles around to the side of your body in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.



Training Tips

- Keep your chest (Rear Delt) or back (Pec Fly) against the pad.

Abdominal / Back Extension

Specifications

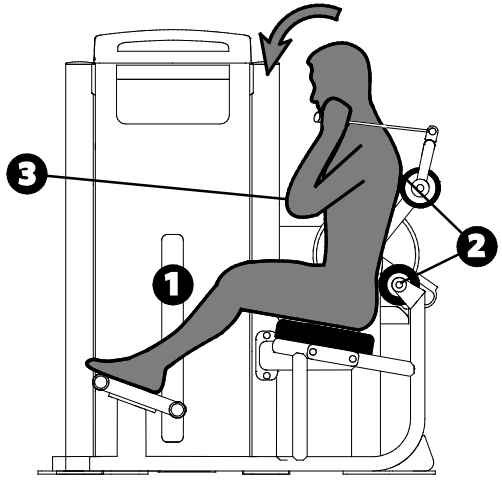
Equipment Dimensions	59" L x 39" W x 57" H (150 cm L x 99 cm W x 145 cm H)
Working Area	63" L x 39" W (147 cm L x 99 cm W)
Weight Stack	200 lb (91 kg)
Equipment Weight	465 lb (210 kg)

Setup

1. Select an appropriate weight.
2. Sit with your lower back against the roller pad and move the padded straps to your upper chest.
3. Set the movement arm to the desired start position as shown.

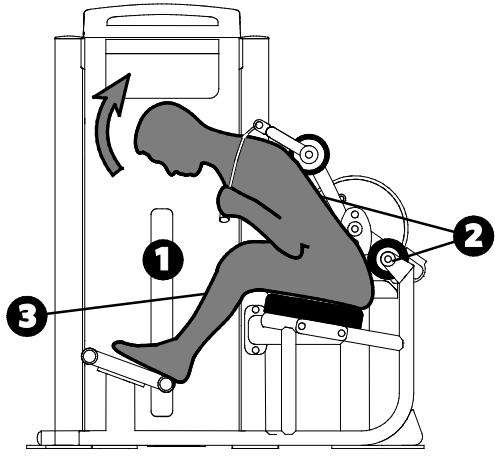
Exercise (Abdominal)

- Grasp both handles in front of your shoulders.
- Curl down in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.



Exercise (Back Extension)

- Grasp both handles in front of your shoulders.
- Extend backwards in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.



Training Tips

- Use your arms only to stabilize the pads on your shoulders.
- Avoid overextending your back.

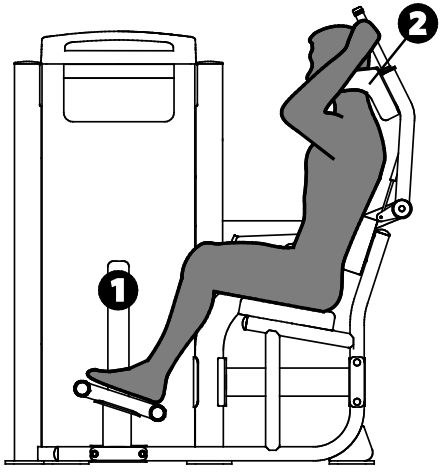
Abdominal

Specifications

Equipment Dimensions	58" L x 39" W x 57" H (147 cm L x 99 cm W x 145 cm H)
Working Area	58" L x 39" W (147 cm L x 99 cm W)
Weight Stack	200 lb (91 kg)
Equipment Weight	465 lb (210 kg)

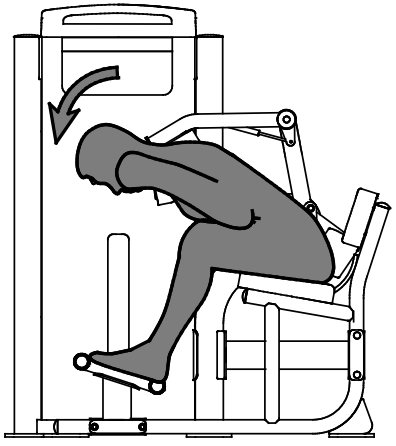
Setup

1. Select an appropriate weight.
2. Sit, grasp the handles, and pull the pads until they rest on your shoulders.



Exercise

- Curl down in a slow, controlled motion.
- Pause at full contraction.
- Slowly return to the start position.



Training Tips

- Use your arms only to stabilize the pads on your shoulders.

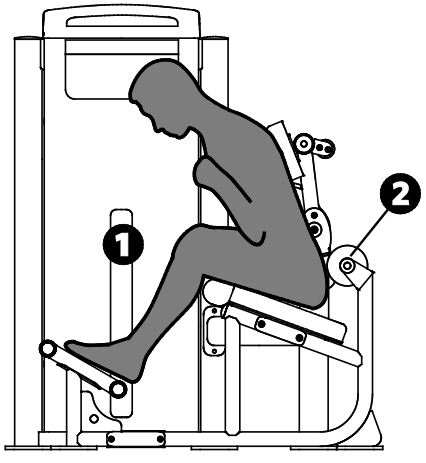
Back Extension

Specifications

Equipment Dimensions	53" L x 39" W x 57" H (135 cm L x 99 cm W x 145 cm H)
Working Area	53" L x 39" W (150 cm L x 99 cm H)
Weight Stack	200 lb (91 kg)
Equipment Weight	450 lb (205 kg)

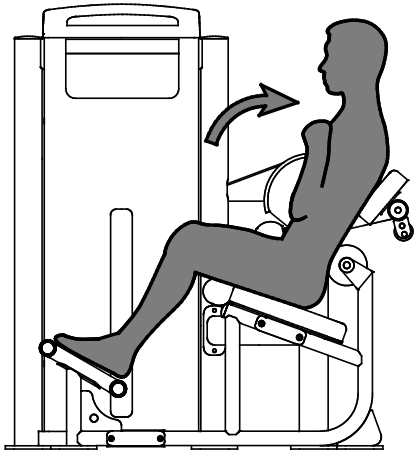
Setup

1. Select an appropriate weight.
2. Sit into the seat until your lower back rests against the back roller pad.



Exercise

- Cross your arms in front of your chest.
- Extend back in a slow, controlled motion.
- Pause at full extension.
- Slowly return to the start position.



Training Tips

- Keep your lower back against the roller pad.
- Avoid overextending.

Maintenance

Before You Begin

Precor recommends implementing a thorough maintenance program that incorporates regular safety inspections by qualified maintenance technicians as outlined in this manual.

This manual explains how to maintain the Vitality™ Series Selectorized Line of commercial strength equipment. It provides information about items that need to be inspected and maintained on a daily, weekly, monthly, and annual basis. You should perform those tasks that are appropriate for the equipment you are maintaining, and skip those tasks that do not apply.

This manual covers the general maintenance procedures that you can perform in the fitness facility. However, if the equipment requires service beyond the maintenance procedures covered in this manual, refer to *Obtaining Service*.

Important: *Always purchase replacement parts and hardware from Precor. Many parts are tested and manufactured specifically for Precor commercial strength equipment. If you use parts not approved by Precor, you could void the Precor Limited Warranty. Use of parts not approved by Precor may cause injury.*

Precor recommends that maintenance technicians thoroughly read and understand the safety guidelines and maintenance procedures covered in this manual.

Note: If the equipment requires assembly, a separate assembly guide is provided. For information on how to use a piece of equipment, refer to the instructional label found on the equipment and the *Product Specifications and Use* section in this manual.

Recommended Tools

We recommend that you keep the following tools available to inspect and maintain the equipment:

- Complete combination box wrench set (common metric sizes)
- Complete socket set (common metric and SAE sizes)
- Complete hex key set (common metric sizes)
- 12-inch adjustable wrench
- Rubber mallet

Shroud Removal

The Vitality™ Series Selectorized Line includes a shroud that must be removed to perform the maintenance described in this manual.

Important: *Do not remove the shroud while the equipment is in use.*

Use the following instructions to remove the shroud:

1. Remove the four M6 * 12 mm buttonhead screws that secure the top cap to the weight tower frame. Set the screws aside, taking care to keep the four 7 mm flat washers with them.
2. Lift the outside shroud straight up until its tabs are clear of the shroud clips mounted on the weight tower uprights, then remove the outside shroud.
3. Repeat the previous step to remove the inside shroud.

   Perform the necessary maintenance. When you are finished, replace the shroud.
4. Align the tabs on both sides of the inside shroud with the slots on the shroud clips, as shown in the following figure.
5. Press the edges of the shroud in, then down, to secure the shroud.
6. Repeat the previous two steps to mount the outside shroud on the unit.

   Important: *Just inside the lip of the top cap are ribs that align the top cap with the outside and inside shrouds. In the following step, make sure that the top edges of the two shroud panels fit between these ribs and the lip of the top cap.*
7. Slide the top cap over the top edges of the two shrouds, making sure that the top edges of the shrouds align correctly with the top cap.
8. Secure the top cap to the weight tower frame using the buttonhead screws and flat washers you removed earlier.
9. Wrench-tighten all four screws.

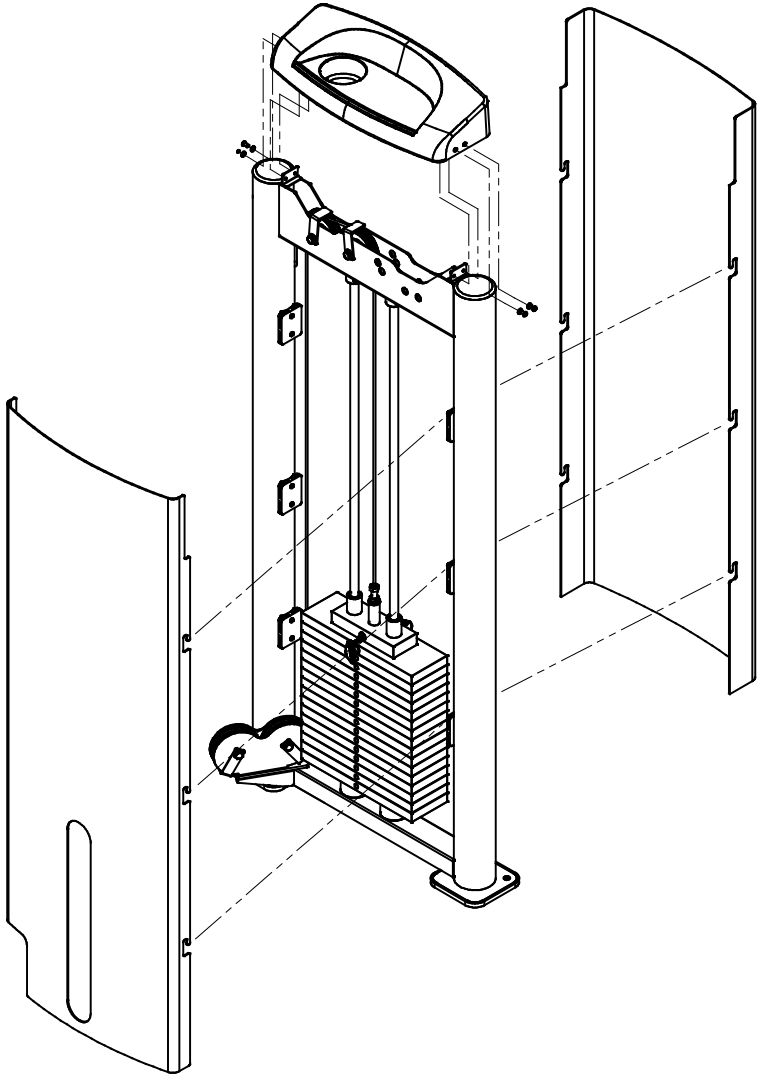


Figure 1: Shroud detail

Daily Inspection

You will need to perform the following tasks each day to maintain the equipment and keep it operating smoothly:

- Clean upholstery.
- Clean shrouds.
- Inspect pads for wear.
- Clean and inspect frames.
- Inspect all fasteners.
- Inspect cables and end connections.
- Check warning and instructional labels.

Perform the tasks that are appropriate for the equipment you are maintaining, and skip the tasks that do not apply.

Clean Upholstery

To remove surface dirt and perspiration, clean upholstery daily with a mild soap and water solution in a spray bottle. Spray upholstered surfaces lightly and wipe dry with a clean cloth.

Important: *To clean the upholstery, do not use cleaning products that have any of these ingredients: solvents, alcohol, ammonia, or petroleum. Use a mild detergent-based cleaner instead.*

Inspect Pads for Wear

Inspect pads for cracks in the upholstery, broken and loose stitching, loose staples, and loose mounting bolts. Replace pads as needed (refer to *Obtaining Service* to purchase new pads).

Important: *Do not reupholster pads or use pads not approved by Precor.*

Clean and Inspect Frames

To remove grease and dirt, clean frames daily with a mild soap and water solution in a spray bottle. Wipe the equipment down with a damp cloth and dry completely. Be sure to wipe down both painted parts and chrome or plated parts.

To restore and maintain the luster of chrome parts, use a commercial chrome cleaner.

As you clean, inspect the frames for cracks, rust, or other damage. Make sure welds are solid and fasteners are properly secured.

Inspect Cables and End Connections

CAUTION: Carefully inspect the cables, pulleys, fasteners, and related hardware regularly. Replace any cable at the first sign of wear using only Precor-supplied replacement parts. With regular use, a cable can become worn and might fail. Sudden failure of a worn cable can cause severe injury to a user. Refer to *Obtaining Service* to purchase replacement parts.

Inspect the cables and end connections each day, and replace if damaged. Check for kinks, frayed wires, or deterioration of the cable coating. Look for signs of wear particularly at crimped ends of the cable and near pulleys.

***Important**: Cables must be replaced immediately if they are damaged to avoid possible injury to users.*

Some obvious signs of cable damage are as follows:

1. Exposed inner wire, stretching or cuts in the coating, or broken coating in the area that passes over a pulley
2. A zigzag or wavy pattern
3. Kinks, which may indicate internal damage
4. A necked-down cover
5. A "ballooned" cover

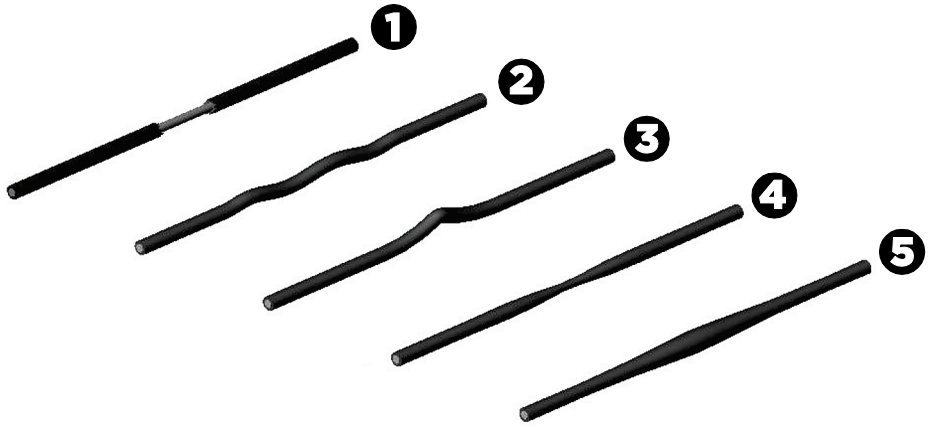


Figure 2: Signs of cable damage

In addition to inspecting the cables and end connections for damage, check the following:

- Make sure that each cable is properly adjusted and tightened at the top of the weight stack.
- Check cable pulleys, end connections, and end fittings. Make sure all connections are tight, adjusting cable tension as necessary.

- Make sure that the cable bolt is threaded a minimum of seven threads into the selector stem, and the locking jam nut is tight. (Refer to the following figure.)

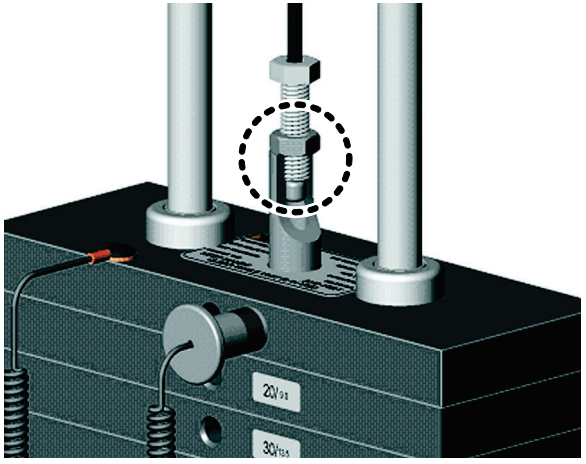


Figure 3: Cable bolt must extend a minimum of seven threads into the selector stem

Check Warning and Instructional Labels

Inspect warning and instructional labels daily to make sure that all the information can be clearly read. If any portion is not visible or part of the label is not adhered properly, replace that label immediately (refer to *Obtaining Service* for purchase information).

Clean labels as needed with a mild soap and water solution in a spray bottle, and dry thoroughly with a soft cloth.

The following figure shows an example of a user instructional label.



Figure 4: Example instructional label for the Vitality™ Series Selectorized Line

Precor products come equipped with a number of standard warning labels. The following two figures show sample warning labels you may see on the equipment depending on the model and product line:

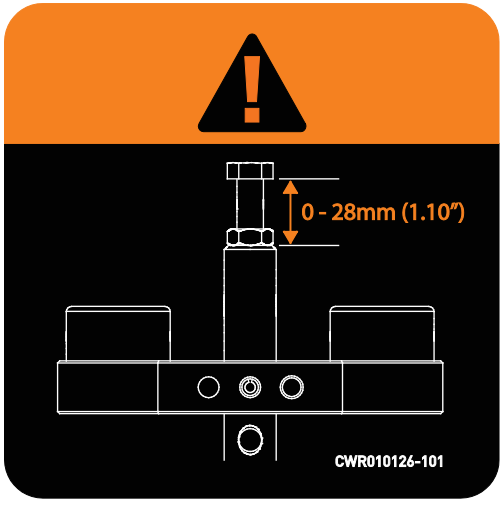


Figure 5: A warning label may appear on or near weight stacks where a cable bolt is threaded into the selector stem

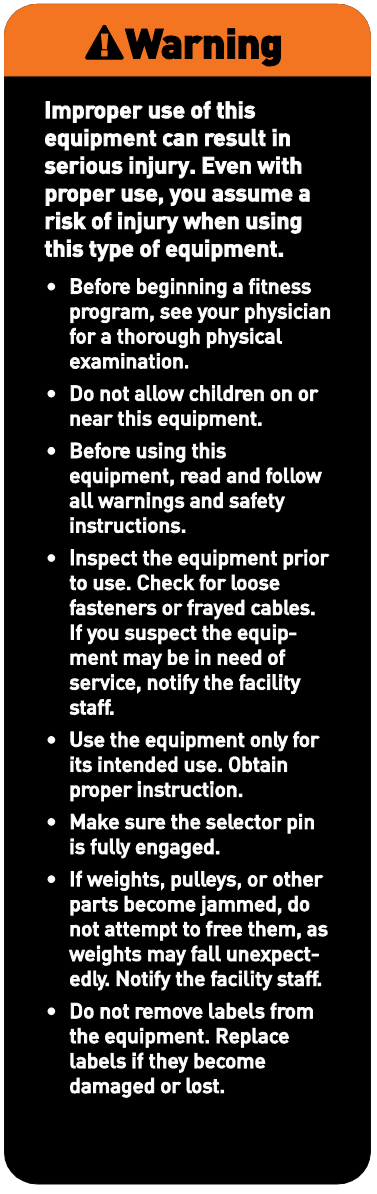


Figure 6: A version of this warning label appears on the equipment frame

Weekly Inspection

This section covers the tasks you should perform each week to maintain the equipment. Perform the following tasks as appropriate for the unit you are maintaining:

- Condition and deep clean upholstery.
- Clean and lubricate guide rods.
- Inspect cables, connections, and tension.
- Inspect pulleys.
- Inspect each weight stack and selector pin.
- Inspect and lubricate bearings and bushings.
- Check and lubricate seat adjustment

Condition and Deep Clean Upholstery

Condition and deep clean the upholstery weekly with a lanolin-based hand cleaner or upholstery cleaner.

Important: To clean the upholstery, do not use cleaning products that have any of these ingredients: solvents, alcohol, ammonia, or petroleum. Use a mild detergent-based cleaner instead.

Clean and Lubricate Guide Rods

Inspect the exposed areas of the guide rods for cleanliness. Using a dry cloth, wipe any buildup of dirt or grease from the rods.

Note: On the Vitality™ Series Selectorized Line, the upper rear shroud must be removed to access the guide rods for inspection, cleaning, and lubricating (refer to *Shroud Removal*).

Lubricate the exposed areas of the guide rods by applying a light coat of Teflon® spray lubricant. Spray the lubricant on a cloth and then wipe the guide rods with the cloth. *Be careful with any lubricant spray; it can stain carpet and clothing.*

CAUTION: Do not attempt to lubricate the guide rods when the equipment is in use. Attempting to lubricate between the weight plates without completely disassembling the stack will result in serious injury.

Important: *Do not use petroleum-based lubricants. These lubricants tend to cause a rapid buildup of dirt and hair on the weight plates, which can cause the plates to stick together.*

Inspect Cables, Connections, and Tension

Each week, give the cables and connections a thorough inspection and check cable tensions. The following lists the specific things you need to inspect:

- Check the cable termination at the weight stack. For most equipment, the exposed shank can be no more than 1¼ inches (32mm); this distance allows for a minimum of 10 turns of the bolt into the selector stem (refer to *Inspect Cables and End Connections*, earlier). Check and adjust the distance accordingly. *Also make sure that the locking jam nut is tight against the selector stem.*
- Check the cable, especially near all pulley wheels and cams.
- Check the cable as it terminates at the cam, which is stationary on most equipment. Inspect the bolt passing through the cam end fitting to be sure the two jam nuts are tightened against each other. Also, check the entire cable routing to verify that there is no interference with any structure.
- Inspect the ball end of the cable where the cable connection rests in the clevis housing.
- Make sure that each cable is properly adjusted and tightened at the top of the weight stack.
- Check cable pulleys, end connections, and end fittings. Make sure all connections are tight, adjusting cable tension as necessary.

Inspect Cable Handle Attachments

Check the cable-to-handle attachment area very closely. (Refer to the following figure.) Look for frayed cable ends, broken thimbles, bent cables, worn spring clips, worn handles, and any other unusual wear.

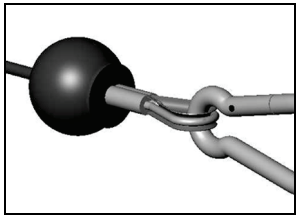


Figure 7: Check connections to handles carefully

Also, check the spring clip gate and make sure it closes properly and engages securely. (Refer to the following figure.) Check the spring clip, links, and cable; replace any spring clip link that does not function properly or shows wear.

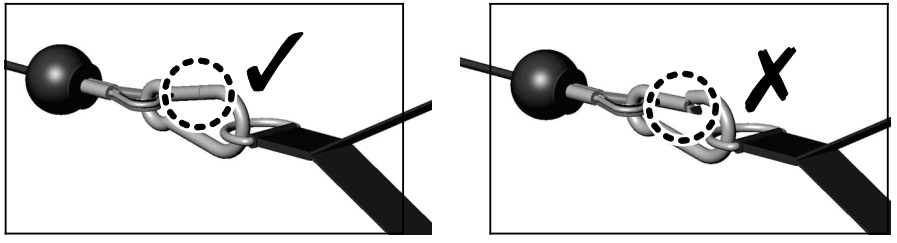


Figure 8: Check spring clip gate for proper closure

Inspect Pulleys

Precor uses precision ball bearing idler pulleys to guide the cable smoothly.

Inspect each pulley for damage, including hairline cracks, chips, or missing sections. Worn surfaces in the pulleys can cause severe damage to the cables and must be replaced at the first sign of wear or damage.

Be certain that the wheels turn freely as the equipment is used. Inspect each pulley for excessive side-to-side play, which indicates worn bearings or loose mounting bolts. If excessive play is discovered, remove the pulley to inspect the bearings and replace the entire pulley if necessary.

Inspect Weight Stack and Selector Pin

Weight stacks are made of precision machined plates that are designed as a single mechanism to stack precisely. Use only Precor-supplied add-on weights and weight selector pins.

On a weekly basis, inspect weight stacks and selector pins. Wipe each plate with a damp cloth as needed. Inspect all plates for sharp burrs or damage. Wipe dirt and dust off the guide rods.

Make sure the equipment uses only the original Precor selector pin. In addition, make sure the selector pin can be fully inserted and retained in each weight plate.

Inspect and Lubricate Bearings and Bushings

Precor uses high quality bearings designed for strength applications and long service life. Each week, do the following to maintain the bearings and bushings on the equipment:

- **Bronze bushings:** Precor recommends using a small amount of silicone spray lubricant to lubricate these bushings, which usually support rotary shafts. Spray directly onto the shaft, and then rotate the shaft through its complete range of motion several times. Inspect bushings for excessive wear and damage. *Be careful when using the spray lubricant; it can stain carpet and clothing.* Wipe off any excess lubricant with a cloth.
- **Nylon bushings:** Lubricate the nylon bushings on the guide rods by applying a light coat of silicone spray lubricant. Spray the silicone lubricant on a cloth, then wipe the cloth along the full length of the guide rod.
- **Sealed Bearing Pivot Points:** These locations are protected from the outside environment and require no lubrication. While cleaning the equipment, wipe down the shafts and external bearing surfaces with a cloth to prevent the buildup of dust and perspiration.
- **Linear Bearings:** These bearings allow weight plates and other mechanical parts to travel smoothly along guide rods. (Refer to the following figure.) Inspect the ends of each guide rod to make sure they are fastened correctly and all bolts are tight.

  Wipe down guide rods using a light application of a silicone spray lubricant to remove dust, hair, and dirt. Polish the guide rods using fine grade steel wool if surface rust is present.

  Important: *Do not use petroleum-based lubricants.*

If you lubricate the guide rods regularly, then the bearings will function as designed. Otherwise, the guide rods may corrode. This can cause the bearings to become clogged and jammed, leading to actual gouging of the guide rods. Be sure to remove surface rust and oxidation from the guide rods as soon as you observe it.

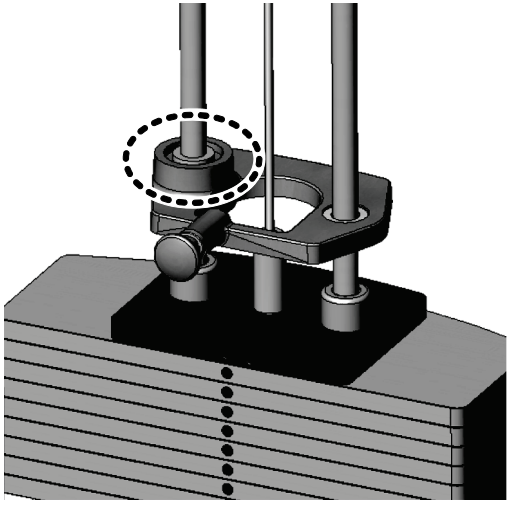


Figure 9: Typical location of a linear bearing in its housing

Check Seat Adjustment and Test Pop Pins

Precor strength equipment has three types of adjustments:

- 2x4-inch or 2x2-inch telescoping sleeve adjustment for most seat assemblies with and without ratcheting mechanism
- ½-inch slotted plate adjustments used on most free-weight bench adjustments
- Gas-assisted or spring-assisted seats and back pads

Inspect all adjustments for proper fit and function. Inspect plastic sliders for excessive wear or damage. Check and clean the rail or gas shock periodically.

Adjustments use either a high-tensile pop pin plunger assembly or a ratcheting lever assembly. Inspect and tighten all pop pin caps.

Monthly Inspection

This section covers the tasks you should perform each month to maintain the equipment. Perform the following tasks as appropriate for the unit you are maintaining:

- Inspect frames and movement arms.
- Lubricate pop pins.

Inspect Frames and Movement Arms

Inspect frames and movement arms monthly for proper function and integrity. Check for cracks, chipped paint, or rust. Touch up dings and chips in the paint as needed. Replace any component at first signs of wear.

Note: You can order touch-up paint from Precor by calling Customer Support. Refer to *Obtaining Service*.

Inspect frames for cracks, particularly at the joints. If any cracks are found, take the equipment out of service immediately and have a qualified maintenance technician repair it. Refer to *Important Safety Guidelines for Owners* and *Obtaining Service*.

To remove surface rust from the frame, rub lightly with a fine wet/dry sandpaper or fine steel wool. Finish with Precor touch-up paint if needed. Maintain paint luster with an application of a mild automotive wax product.

To maintain the powder coated, plated, and chrome parts, use a mild detergent-based cleaner for light dirt and grime removal. For removing heavier dirt and grease and for polishing, use a good automotive polish. For scuffs and marks that are not removed by the above methods, use a fine-grit cleanser. Do not use solvents, lacquer thinner, acetone, or fingernail polish remover.

Lubricate Pop Pins

Pull out the pop pin as far as it goes and apply a small amount of Teflon® spray lubricant. Wipe off any excess lubricant with a cloth. (Refer to the following figure.)

CAUTION: Pulling out the pop pin may cause the unit to adjust position suddenly. To avoid injury, keep your hands and head away from moving parts.

Test the pop pin for proper function and engagement in each adjustment hole.

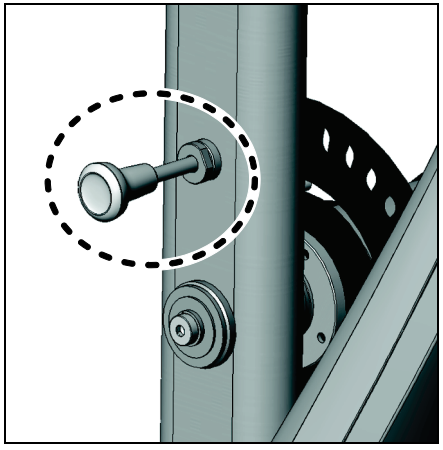


Figure 10: Lubricate the pop pin by pulling it out

Check and Lubricate Ratcheting Seat Lever

The ratcheting seat, which provides audible confirmation of its position as a user moves it up or down, requires little maintenance. However, because seat safety is important to the safety of a workout, you should check the seat lever regularly to see if it sticks when used. You also want to ensure that the pin fully engages in each adjustment hole.

To test if the seat lever needs lubrication, elevate the seat slightly while pressing and releasing the lever. The lever should snap back out easily. If the lever sticks, lubricate its pivot pin with Teflon® spray lubricant. Wipe off any excess lubricant with a cloth. (Refer to the following figure.)

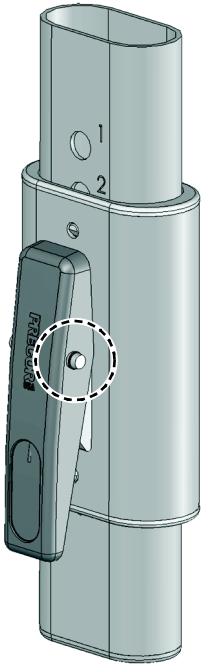


Figure 11: If needed, lubricate the pivot pin on the ratcheting seat lever

If necessary, you can detach the seat by removing the retaining pin, then remove the chrome for cleaning. Removing the seat also allows clear access to the ratcheting lever to test its pivoting action.

Inspect All Fasteners

Fasteners can loosen with normal use. Inspect all nuts, bolts, screws, and other fasteners to make sure they are tight and installed correctly.

Be sure to check fasteners at bolted joints to make sure the connections are secure. If a fastener is loose but in good condition, retighten it. If you are concerned about the integrity of the fastener, remove it, clean the threads, and inspect it for any damage such as cracks, bad threads, corrosion, or rust. Reinstall the fastener if it appears to be in good condition. Otherwise, remove the equipment from service until a new fastener can be installed properly. You can order new fasteners from Customer Support. For additional information, refer to *Obtaining Service*.

Annual Maintenance

Perform these tasks on an annual basis, as appropriate for your equipment:

- Shroud removal.
- Weight stack annual maintenance.
- Inspect and lubricate pop pins.
- Linear ball bearing maintenance.

Weight Stack Annual Maintenance

Once a year, Precor recommends disassembling the weight stack to clean and inspect it thoroughly.

- Carefully remove the cable and guide rods from the weight stack. Completely disassemble the weight stack in a well-ventilated area, away from the exercise floor.
- Inspect weight plates and clean them thoroughly. Cracked or broken plates should be replaced immediately (refer to *Obtaining Service* to purchase replacements). Clean each plate individually and inspect guide bushings.
- Inspect the bushings of the top weight plate and each individual weight plate, and replace a plate if it is excessively worn or broken.
- Clean the selector stem and inspect it for wear and damage.
- Reassemble the weight stack.
- Wipe down the weight stack enclosures (shrouds) with a damp cloth as needed. Inspect all fasteners to make sure the shroud is securely mounted.

Important: *Precor recommends that you replace worn and damaged cables during routine maintenance. It is recommended that all cables be replaced annually.*

Inspect and Lubricate Pop Pins

Remove the pop pin assembly by loosening the cap.

CAUTION: Pulling out the pop pin may cause the unit to adjust position suddenly. To avoid injury, keep your hands and head away from moving parts.

Inspect the plunger and spring for excessive wear and damage, and replace as required.

Apply a small amount of Teflon® spray lubricant to the spring and plunger, and then reinstall the entire assembly. Tighten the cap. Wipe off any excess lubricant with a cloth.

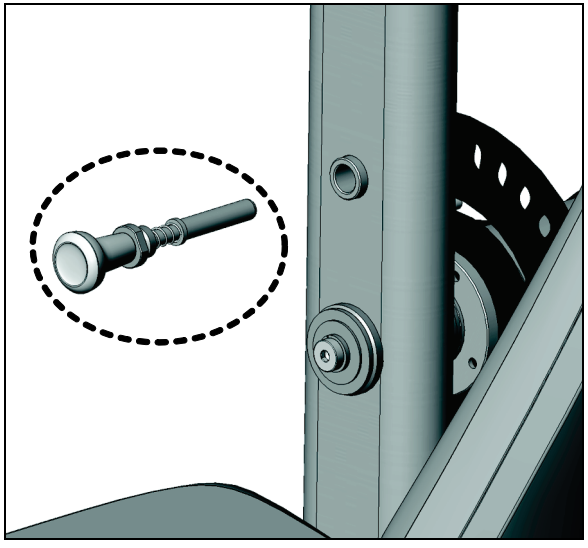


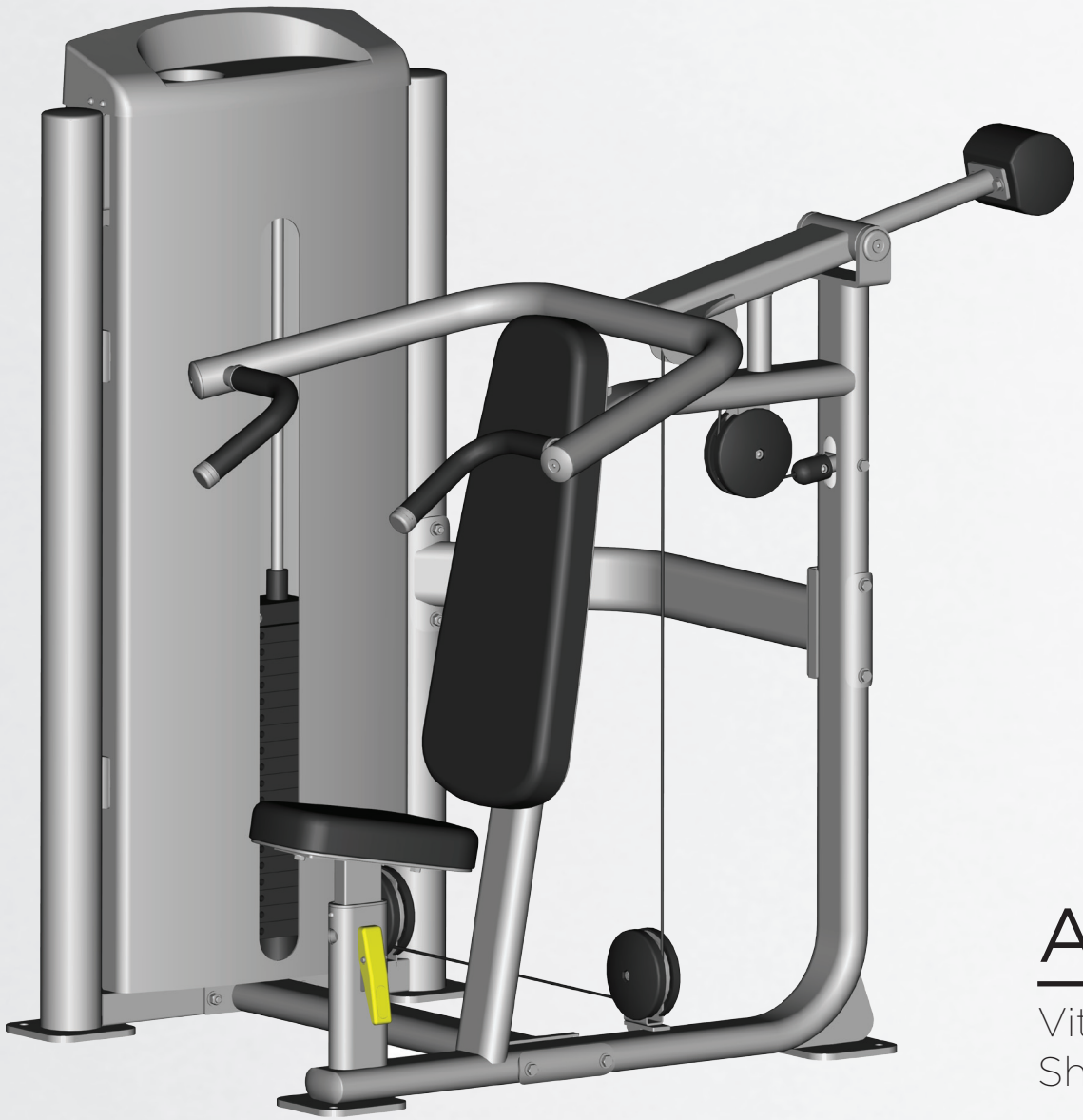
Figure 12: Inspect pop pins (pop pin shown in exploded view for clarity)

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Vitality™ Series Selectorized Line Owner's Manual
CWR997777-301 rev D, en
31 October 2014

PRECOR®



Assembly Guide

Vitality™ Series Selectorized Line
Shoulder Press

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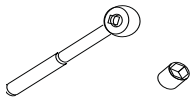
Disassemble the Equipment 13

Getting Started

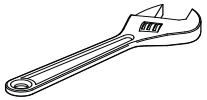
CAUTION: Do not attempt assembly by yourself. You will need assistance to assemble this unit.

With assistance, assembly of the S-Line Shoulder Press takes about 30 minutes. Also, you should allow more time if this is the first time assembling this equipment.

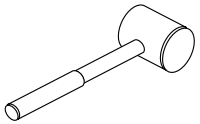
Tools Required



Ratchet Wrench and Sockets (metric)

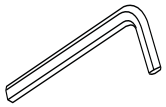


Adjustable Wrench



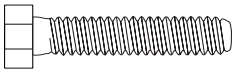
Rubber Mallet

Tools Included

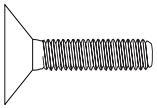


Hex Key Wrenches

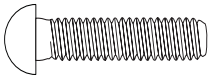
Hardware Guide



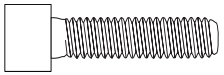
HHB = Hex Head Bolt



FHCS = Flat head Cap Screw



BHCS = Button Head Cap Screw



SHCS = Socket Head Cap Screw

Open the Boxes

Open the boxes and remove the packing materials.

Be careful to open boxes and assemble components in the sequence presented in this manual.

Box Contents:

- Box 1: Weight tower frame, top weight plate, add-on weight assembly, weight cable, seat frame assembly, movement arm assembly, and hardware kit
- Box 2: Weight tower shrouds and upholstery pads/rollers

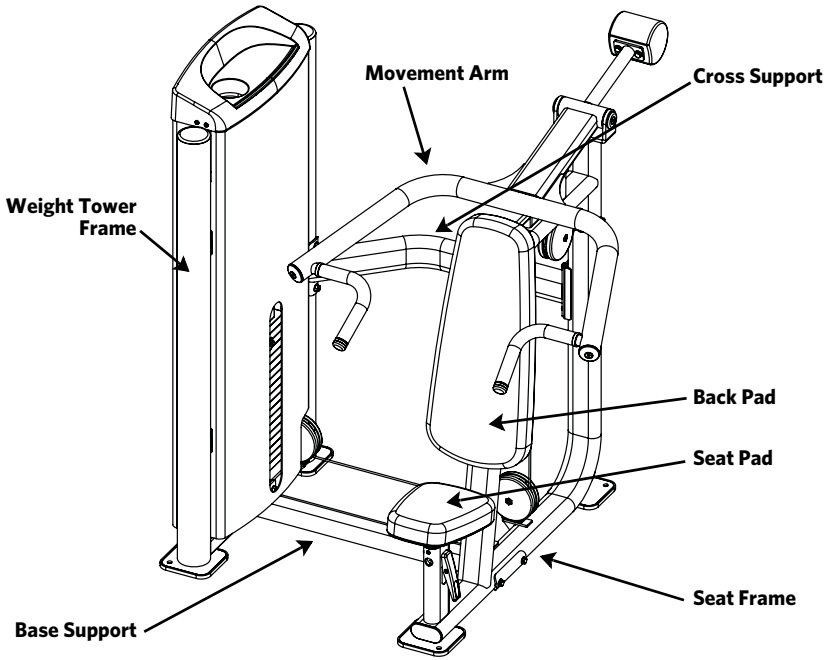


Figure 1: Equipment as assembled. The callouts identify the main components.

Assemble the Equipment

CAUTION: Proper alignment and adjustment of the equipment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten fasteners until instructed to do so.

Make sure the equipment is stable and placed on a solid surface. The equipment is designed to be freestanding; however, it can be bolted to the floor for extra stability. Precor highly recommends that the equipment be bolted to the floor to reduce the risk of toppling the equipment due to improper use. Since floor construction varies, please consult a professional building engineer for proper fastening.

Attach the Weight Tower Frame to the Seat Frame

1. Attach the base support to the weight tower frame and seat frame using:

   2 – M10 x 100 mm hex head bolts (base support to weight tower frame)

   2 – M10 x 135 mm hex head bolts (base support to seat frame)

   8– 11mm flat washers

   4 – M10 locknuts

   Partially tighten the fasteners so the weight tower frame and seat frame are stable.

2. Attach the cross support to the weight tower and seat frame using:

   2 – M10 x 125 mm hex head bolts (cross support to weight tower frame)

   2 – M10 x 135 mm hex head bolts (cross support to seat frame)

   8 – 11 mm flat washers

   4 – M10 nylon lock nuts

   Partially tighten the fasteners.

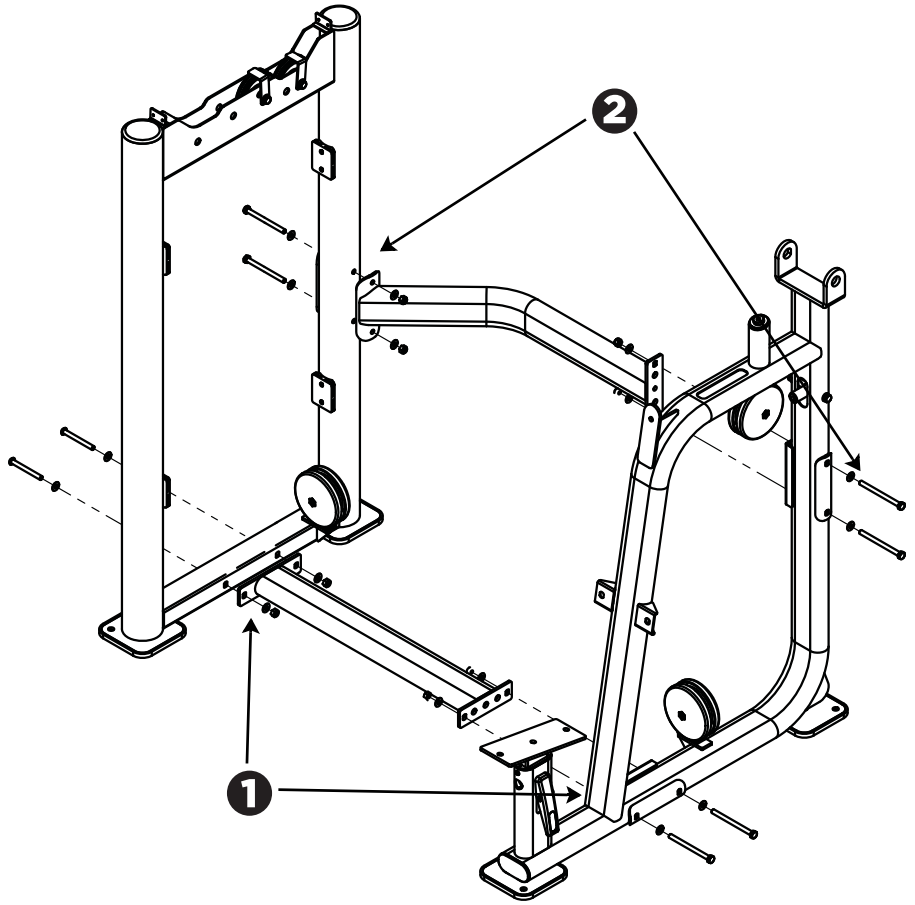


Figure 2: Major frame component assembly

Attach the Movement Arm to the Seat Frame

1. With assistance, align the movement arm in the pivot bracket on the seat frame. Have your assistant hold the movement arm in place while you slide the axle through the pivot bracket and movement arm bushings.

   Important: *The axle will be tight on the bearings and may require using a rubber mallet to press through the bearings in the movement arm. When pressing the axle into place, be sure the D-shape at the end of the axle lines up with the D-shape on the inside of the pivot bracket. If the axle does not press through, then check the alignment of the axle to the pivot bracket.*
2. Secure the pivot shaft on each side using:

   2 – Aluminum end caps

   2 - M10 x 25 mm flat head cap screws
3. Tighten the two bolts using the two S6 hex keys supplied in the hardware kit.

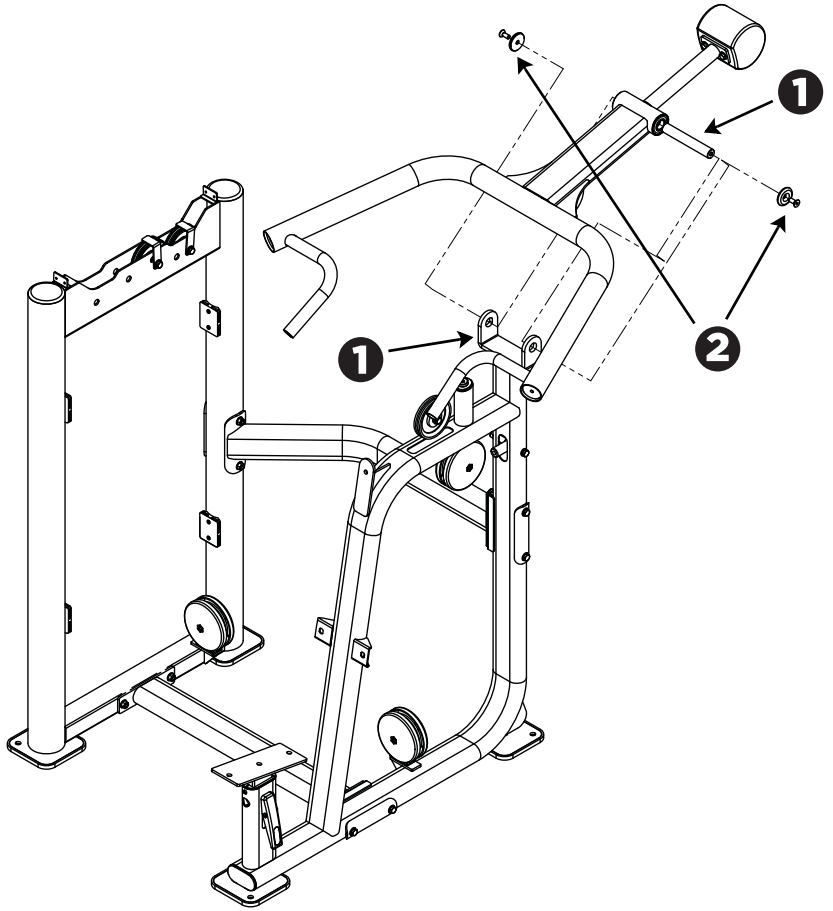


Figure 3: Movement arm attachment

Install the Weight Stack Assembly

1. Insert the guide rods into the holes at the bottom of the weight tower frame.

   Important: *A hole passes through one end of each guide rod. Be sure to insert the end with the hole into the bottom of the frame.*

2. Pull the guide rods away from the frame, keeping their lower ends engaged in the bottom of the tower frame. Slide one weight stack bumper over each guide rod, narrow end up.
3. Check the guide rods for silicone lubricant. If you do not see any, then add some of the silicone lubricant supplied in the hardware kit to the guide rods.
4. Carefully slide **nineteen** 10 lb. (4.5 kg) weight plates onto the guide rods, one by one.
5. Slide the **top weight plate with weight stack stem** onto the two guide rods and lower the stem through the center holes of the weight plates.
6. Slide the ring at the end of the tether on the **weight selection pin** over the right-hand post on the top weight plate.
7. Secure the weight stack assembly to the weight tower frame. Slide the guide rod locking collars onto the guide rods with the smaller diameter shoulders on the collars facing up. Re-align the guide rods with the mounting holes at the top of the weight tower.
8. While your assistant holds the guide rods in place, slide the collars up so the shoulder of each collar fits securely into the tower frame. Secure the collars to the guide rods by tightening the M8 set screws using the S4 hex key.
9. Apply the **weight plate labels** (select LBs or KGs) to the right of the weight selection holes.

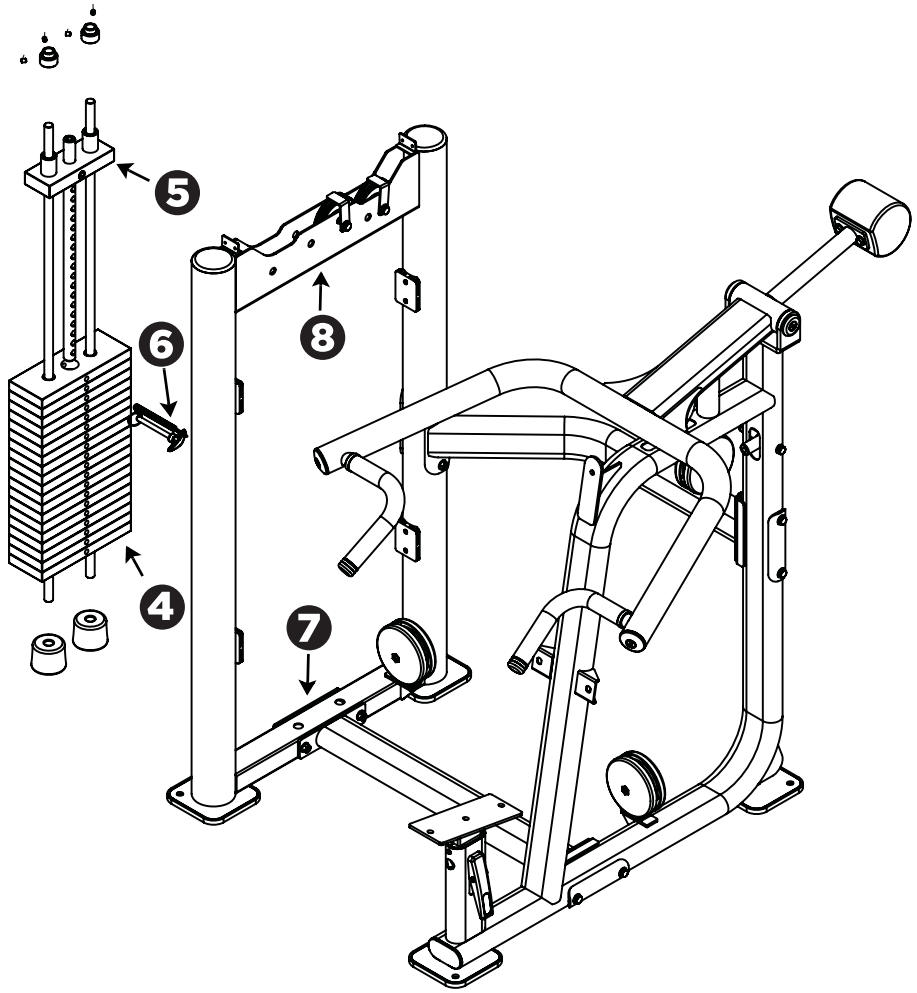


Figure 4: Weight stack detail

Install the Add-On Weight Assembly

1. Insert the lower end of the 14 mm guide rod into the retaining ring at the bottom of the weight tower frame.

   Note: The end of the guide rod with the screw hole in it should face up.
2. Slide the 389 mm support tube onto the guide rod from the top down.
3. Slide the support ring onto the guide rod, followed by the rubber bumper.
4. Slide the 5 lb (2.5 kg) add-on weight onto the guide rod, making sure that the groove is at the top end of the weight.
5. Attach the top of the guide rod to the bracket at the top of the weight tower frame using:

   1 – M10 x 25 mm hex head bolt

   1 – 11 mm flat washer
6. Fully tighten the M8 set screw in the retaining ring using the S4 hex key.

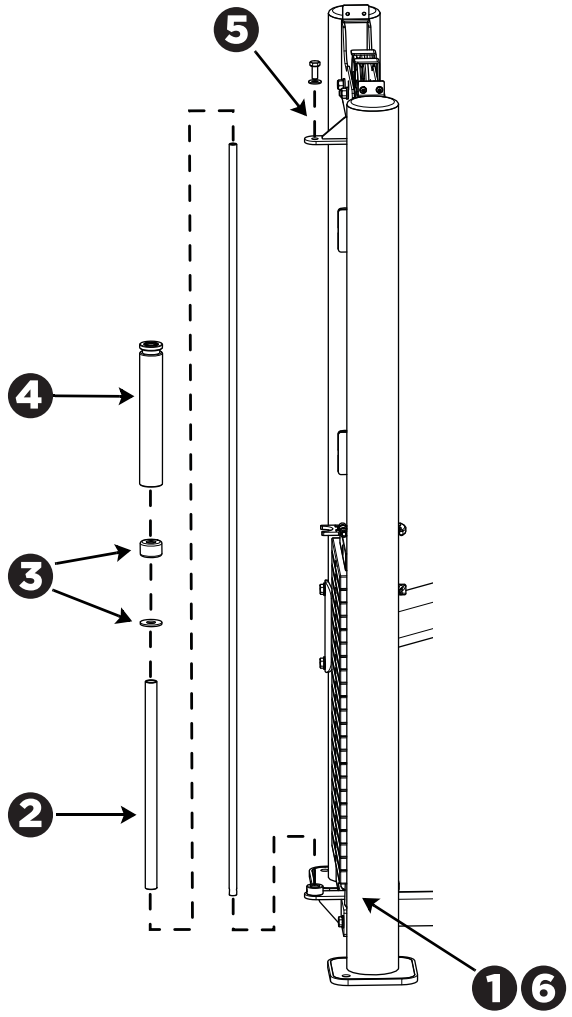


Figure 5: Add-on weight installation

Route the Cable Assembly

1. Remove the cable socket and the cable end cover from the end of the cable.
2. Screw one end of the cable assembly into the top of the weight stack stem.

   CAUTION: Be sure that at least seven (7) threads are inserted into the fitting.
3. Pull the cable through the top of the weight tower frame, over the top of the dual pulleys, and under the cable retaining brackets on the pulleys. Thread the cable down through the tower frame.
4. At the bottom of the weight tower frame, thread the cable through the lower pulley bracket.

   Note: Be sure that the cable retaining brackets do not interfere with the travel of the cable.
5. At the cross support, thread the cable through the pulley bracket and over to the pulley attachment on the movement arm.
6. Slide the cable end cover over the cable end and down the cable a few inches. Slip the ball at the end of the cable into the slot in the socket, then insert the cable anchor on the movement arm into the slot.
7. Position the cable end cover over the socket, then insert the bolt through the holes in the cover, the socket, and the anchor. Attach the nut to the bolt and tighten completely.

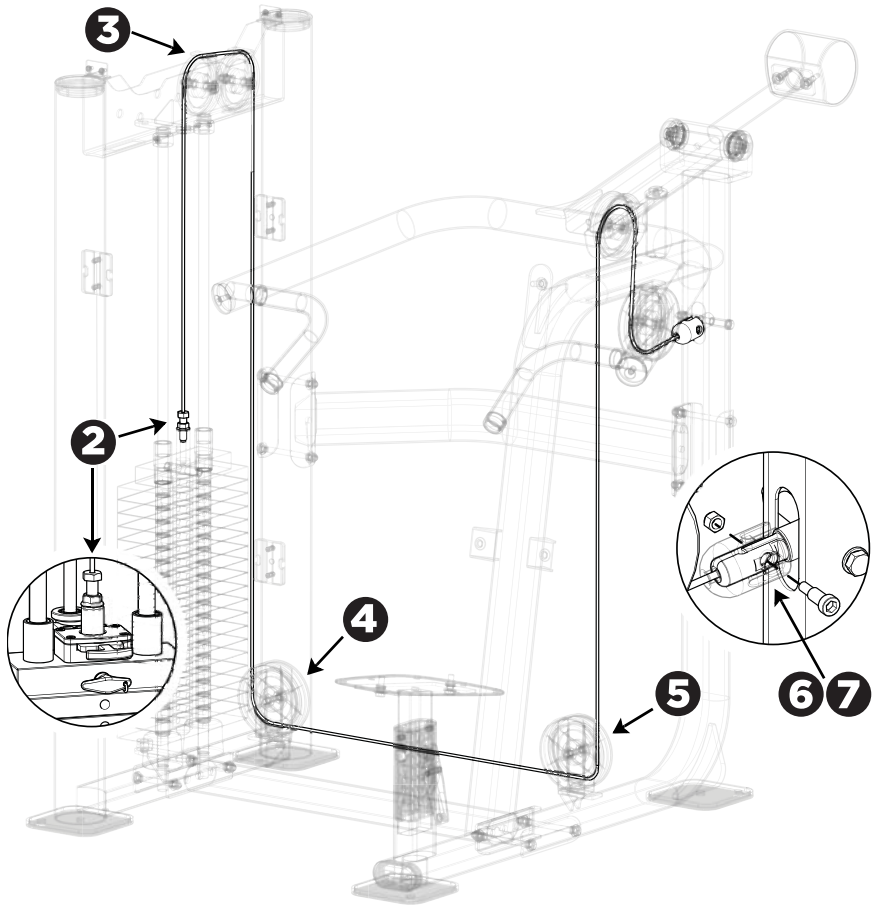


Figure 6: Cable assembly detail

Tighten All Frame Mounting Hardware

1. Check that the weight tower and seat frame are sitting evenly on the floor.
2. On the weight tower, tighten the mounting hardware at the base support, then at the cross support.
3. On the seat frame, tighten the mounting hardware at the base support, then at the cross support.

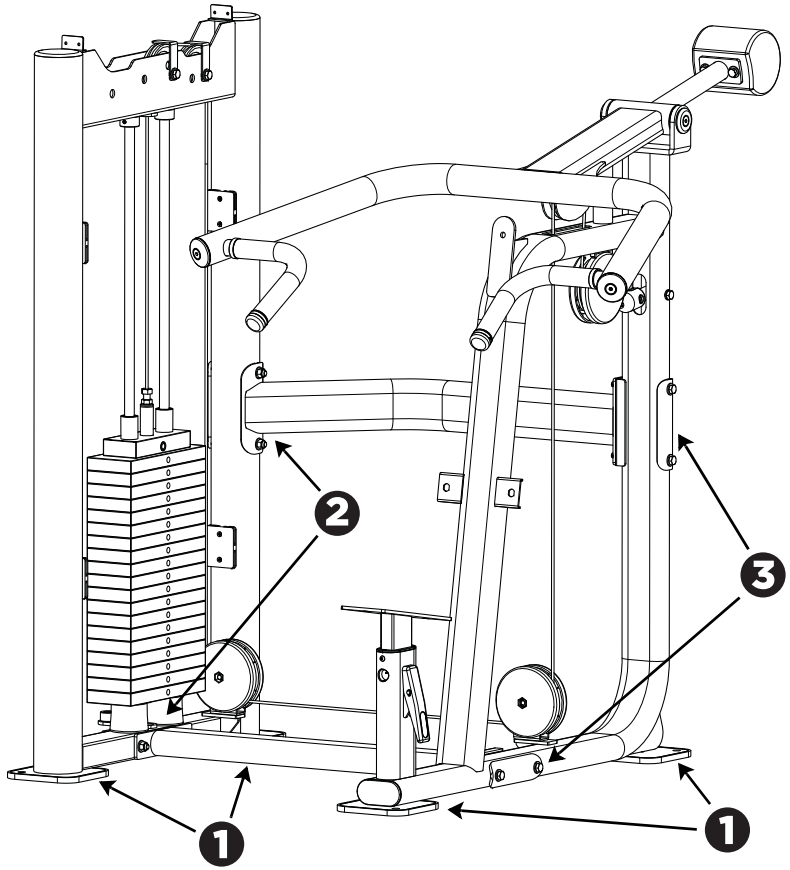


Figure 7: Frame mounting hardware locations

Adjust the Cable Tension

1. Place the weight selection pin in the top weight.
2. Screw the cable bolt into the selector stem until the cable meets the following requirements:
   - No excess slack remains.
   - The cable is just loose enough to permit insertion of the selector pin into any of the weight plates.
   - At least seven (7) threads on the cable bolt extend into the selector stem.
3. Hold the weight twoer straight while tightening the locking jam nut against the selector stem. If you do not hold the weight tower straight, it can twist (see Figure 8).

Important: *Screw the cable bolt into the selector stem until at least seven (7) threads on the cable bolt extend into the selector stem.*

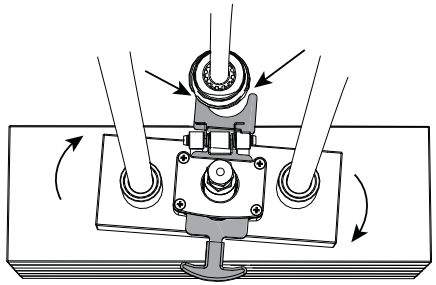


Figure 8: Misaligned weight tower

4. Once tightened, verify alignment between the selector and the add-on weight.

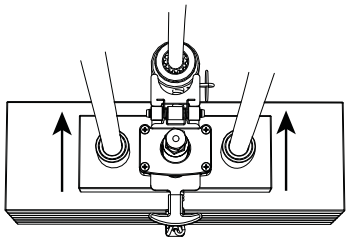


Figure 9: Properly aligned weight tower

5. Check the adjustment by inserting the weight pin into every weight plate hole. The weight pin should slide easily in and out of each weight plate.
6.

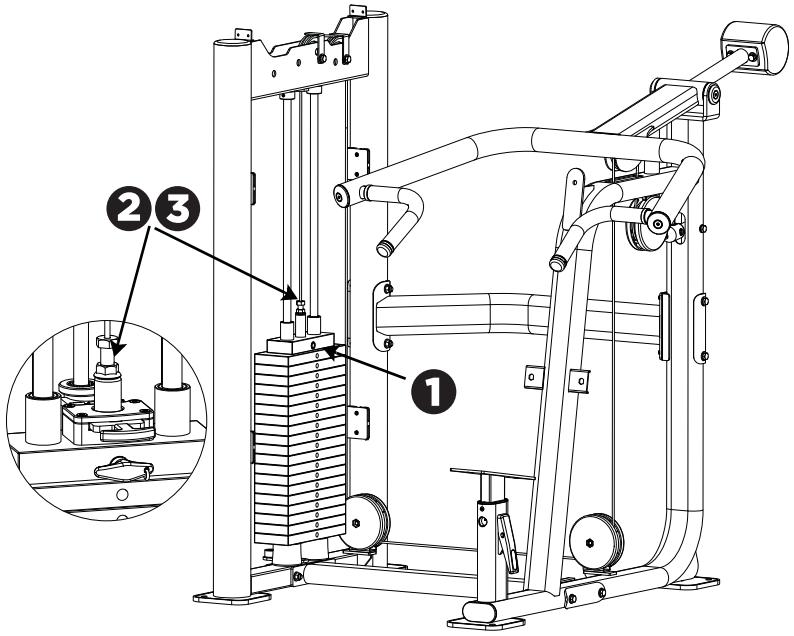


Figure 10: Cable management detail

Attach the Seat Pad and Back Pad

1. Attach the seat pad to the seat post using:

   2 – M10 x 30 mm hex head bolts

   2– 11 mm flat washers

   Note: The narrow end of the seat pad should face the front of the equipment.

2. Attach the back pad to the back pad mounting locations on the seat frame using:

   3 – M10 x 30 mm hex bolts

   3 – 11 mm flat washers

   Note: The narrow end of the back pad should face upward.

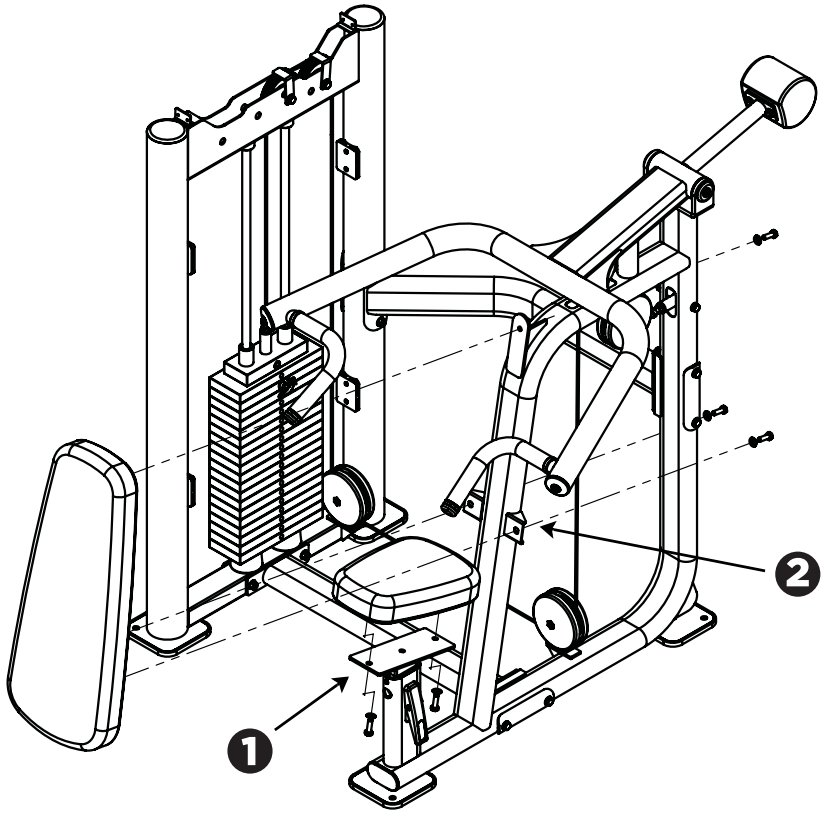


Figure 11: Seat and back pad installation

Install the Weight Stack Shrouds and Top Cap

Note: The inside shroud has a slot for weight selection. Both shrouds have two slotted tabs on each side that fit into the shroud clips mounted to the inside of the weight tower uprights.

1. Align the slotted tabs on the inside shroud with the shroud clips on both sides of the weight tower.
2. Press the hooks into the clips and lower the shroud securely into place.
3. Repeat steps 1 and 2 to install the outside shroud.
4. Place the top cap on top of the shrouds so that the top edges of the shrouds fit into the slot between the lip and the ribs of the top cap. Secure the top cap to the weight tower frame using:

   4 – M6 x 12 mm button head bolts

   4 – 7 mm flat washers

Note: When you secure the top cap, if the top edges of the shrouds do not fit securely into the slot between its lip and ribs, remove the cap and the shrouds. Loosen the fasteners securing each of the shroud clips, then secure each clip again so that it is mounted *as high on the weight stack frame as possible*. You will need to push the clips up and hold them in place while you secure them. After you have repositioned all of the shroud clips, repeat this procedure to install the shrouds and the top cap.

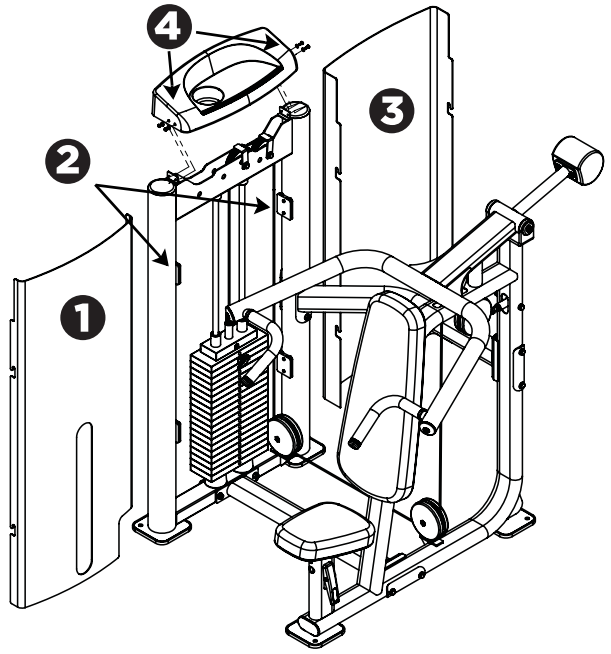


Figure 12: Weight stack shrouds and top cap assembly

Apply the Instructional Label, Outside Precor Equipment Label, and General Warning Label

1. Attach the Instructional label to the inside shroud under the top cap. The label should be aligned with the left and right edges of the tray on the top cap. There are small marks on the lower lip of the top cap to indicate the proper label position.
2. Attach the Precor Equipment label to the outside shroud by centering it under the top cap. There are small marks on the lower lip of the top cap to indicate the proper label position.
3. Attach the General Warning label to the left tower frame upright. The top of the label should be 560 mm (22 inches) above the floor.

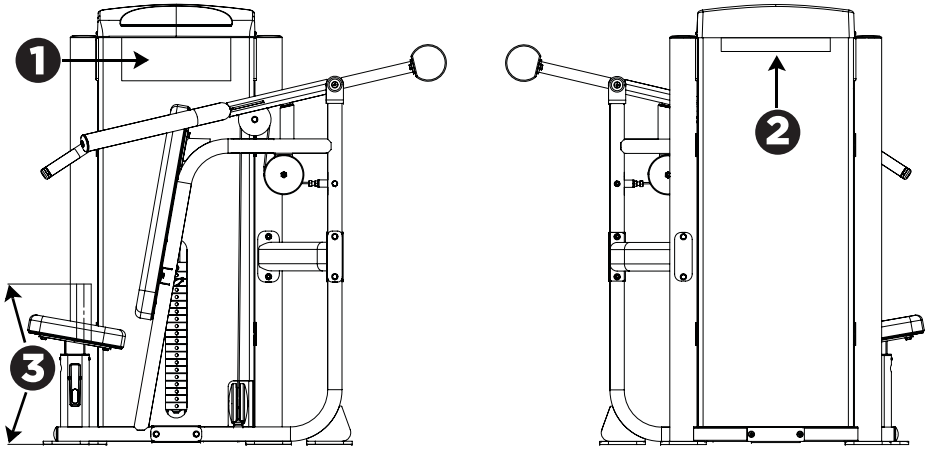


Figure 13: Label placement

Verify Operation of the Equipment

Once assembly is complete, verify safe operation by checking the following points:

- Cable tension is correct and the cable is moving smoothly on its pulleys
- Movement arm is stable and moves smoothly through its range of motion
- Adjustment points are stable and move smoothly through their ranges of motion

Disassemble the Equipment

You may occasionally need to disassemble this unit to move it between rooms or buildings. In such cases, reverse the assembly steps in this manual to perform the disassembly. After the unit has been moved, follow the steps in this manual to reassemble it.

WARNING: You will need assistance to disassemble this unit. The weight tower can become unstable during parts of the disassembly process. Make sure the weight tower is supported safely throughout disassembly, and NEVER attempt disassembly by yourself.

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11 October 2012